

## PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**DIAGNOSIS ( LEFT / RIGHT ) ACL RECONSTRUCTION WITH: BTB/ALLOGRAFT/HAMSTRING GRAFT**  
**DATE OF SURGERY** \_\_\_\_\_

### PHYSICAL THERAPY PRESCRIPTION

**0---2 Weeks**—TDWB, crutches, Passive ROM unlimited, Straight leg raise, isometricquads, icing and edema control, ankle pumps

#### 2 Weeks s/p Reconstruction

- \_\_\_ Advance to full WB with brace locked in extension
- \_\_\_ Progress AAROM and AROM 0 –90 by end of 1<sup>st</sup> week, 110 by end of second week
- \_\_\_ Quadriceps re---education E---stim / Biofeedback
- \_\_\_ Isometrics at 90° / Straight Leg Raises with 1lb weight
- \_\_\_ Patellar mobilization (gentle)
- \_\_\_ Short crank bicycle ergometry
- \_\_\_ Cryotherapy
- \_\_\_ Goals --- out of brace with good quad control 3---4 weeks

#### 6 Weeks s/p Reconstruction

- \_\_\_ Terminal ROM flex and extension. No limitations
- \_\_\_ Begin squat/step program
- \_\_\_ Quadriceps strengthening
- \_\_\_ Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
- \_\_\_ Begin retro program

#### 12 Weeks s/p Reconstruction

- \_\_\_ Quadriceps Isotonics --- full arc for closed chain.
- \_\_\_ Begin functional exercise program
- \_\_\_ Isokinetic Quadriceps with distal pad
- \_\_\_ Begin running program at 18 weeks

#### 24 Weeks s/p Reconstruction

- \_\_\_ Full arc progressive resistance exercises --- emphasize Quads
- \_\_\_ Agility drills
- \_\_\_ Advanced functional exercises
- \_\_\_ Progress running program --- cutting

**Treatment:** \_\_\_\_\_ **times per week** **Duration:** \_\_\_\_\_ **weeks**

**Physician's Signature:** \_\_\_\_\_

**Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC**

