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Physical Therapy Prescription

ACL Reconstruction with Meniscal Root Repair or Meniscal Repair, Radial Tear

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) ACL RECONSTRUCTION ROOT REPAIR / RADIAL TEAR REPAIR (MED / LAT)

2-6 Weeks s/p ACL Reconstruction

- Progress ROM 0 -90°. No flexion past 90 degrees for 6 weeks. Passive terminal extension (40° - 0°)
- Quadriceps re-education E-stim / Biofeedback
- Hamstring Isometrics and Hip progressive resistance exercises - OKC
- Quad sets / Straight Leg Raises
- Patellar mobilization
- Cryokinetics for to facilitate exercise if painful
- Goals - 90° flexion by end week 3
- Strict NWB for 6 weeks, no exceptions. Brace locked at 0 with crutch ambulation.
- Open chain quad strengthening okay for first 6 weeks (0-90). After 6 weeks, transition to CKC strength
- Core stability program

6-12 Weeks s/p ACL Reconstruction

- Begin squat/step program, CKC strength progressing to full arc as tolerated
- Begin proprioception program on unstable surface with perturbations
- Full ROM by week 8. Discontinue use of brace at 6 weeks.
- Begin retro program with resistance, begin posterior chain strength for LE – Focus CKC
- Nordic track / Elliptical
- May begin pool jogging at 9-10 weeks. Water must be at chest level
- Lateral (sagittal plane) motions okay at this time, no pivoting, focus hip strength
- Progress core and hip strength and stability. Focus on endurance
- Goals: No knee valgus with CKC strength, full ROM, no extensor lag

12-18 Weeks s/p ACL Reconstruction

- Full arc for closed chain strength
- Begin functional exercise/agility program, lateral motions okay, no pivoting
- Core and hip stability progressing to multi-planar movements
- Begin running program at 12 weeks if eccentric step down test is symmetric
- Single leg balance with multi-planar movements
- No jumps higher than jump rope height
- Assess posture and functional movement patterns. Corrective exercise as needed

18-20+ Weeks s/p ACL Reconstruction

- Full arc progressive resistance exercises - emphasize Quads and Hamstring
- Agility drills
- Advanced functional exercises
- Progress running program – cutting, begin with curves and progress based on strength and coordination
- Plyometrics
- Olympic lifting and triple extension exercises of LE okay at this time.
- RTP: 3 hop test, figure 8 run, Y balance test (No return before 6 months post-op)
- Plyometrics
- May begin triple extension exercises for LE

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature: _____ **M.D.**