



Travis G. Maak, M.D.  
590 Wakara Way  
Salt Lake City, UT 84108  
Tel: (801) 587-7109  
Fax: (801)587-7112  
Lic. # 8234797-1205

## Physical Therapy Prescription ACL & MCL Injury

Patient Name:

Date:

Dx: (LEFT/RIGHT) KNEE ACL & MCL INJURY

\_\_\_ NON-OP

\_\_\_ PRE-OP

### RECOVERY / RECUPERATION 4 - 6 weeks post injury

- \_\_\_ Restore ROM
- \_\_\_ Quadriceps Isometrics for first 2 weeks
- \_\_\_ PWB - FWB
- \_\_\_ Leg lifts with / without weights. Quad sets
- \_\_\_ Hamstring / Hip PRE's
- \_\_\_ Stationary biking
- \_\_\_ Balancing for joint stability
- \_\_\_ Patellar mobilization
- \_\_\_ Avoidance of all valgus loading – all exercises to be done in hinged brace
- \_\_\_ Partial arc CKC strength

### LIMITED RETURN TO SPORTS PHASE 6 to 12 weeks post injury

- \_\_\_ Progress endurance activities
- \_\_\_ Begin agility exercises
- \_\_\_ Begin running program if eccentric stepdown is symmetric
- \_\_\_ Continue with Stairmaster, Versiclimber, etc.
- \_\_\_ Continue with Quadriceps Isometrics, Isotonics, Eccentrics – full arc
- \_\_\_ Isokinetic test

### FULL RETURN TO SPORTS PHASE 8+ weeks from injury

- \_\_\_ Begin aggressive functional exercises
- \_\_\_ Progress running program
- \_\_\_ Continue / progress agility exercises
- \_\_\_ Stress activities that demand neuromuscular control over knee and lower extremities
- \_\_\_ Plyometrics
- \_\_\_ 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.