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Physical Therapy Prescription ACL Reconstruction with Meniscal Repair

Patient Name: _____ **Date:** _____ **Surgery Date:** _____

Dx: s/p (LEFT / RIGHT) ACL RECONSTRUCTION MENISCAL REPAIR (MED / LAT)

2 Weeks s/p ACL Reconstruction

- ___ Progress ROM 0 -90°. Passive terminal extension (40° - 0°)
- ___ Quadriceps re-education E-stim / Biofeedback
- ___ Hamstring isometrics and Hip progressive resistance exercises, OKC
- ___ Quad set / Straight Leg Raises
- ___ Patellar mobilization
- ___ Cryokinetics to facilitate exercises if painful
- ___ Goals - 90° flexion by end week 2
- ___ Can WBAT with brace locked in extension
- ___ Open chain quad strengthening (0-90) okay for first 6 weeks. After 6 weeks, transition to CKC strength
- ___ Core stability program

4 Weeks s/p ACL Reconstruction with Meniscal Repair

- ___ Unlock brace to 90 degrees with ambulation
- ___ Progress to full ROM as tolerated in NWB fashion
- ___ Avoid CKC strength, SL static balance okay.

6-12 Weeks s/p ACL Reconstruction with Meniscal Repair

- ___ Begin squat/step program, CKC strength progressing to full arc as tolerated
- ___ Begin proprioception program on unstable surface with perturbations
- ___ Full ROM by week 6
- ___ Begin retro program with resistance, begin posterior chain strength for LE – Focus CKC
- ___ Nordic track / Elliptical – Low resistance
- ___ 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 with Meniscal Repair

- ___ 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 with Meniscal Repair

- ___ 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)

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

**Please send progress notes.

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