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## Physical Therapy Prescription ACL Reconstruction

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Surgery Date:** \_\_\_\_\_

**Dx: s/p ( LEFT / RIGHT ) ACL RECONSTRUCTION**

**2-6 Weeks s/p ACL Reconstruction**

- \_\_\_ Progress ROM – Goal of 120 degrees of flexion by week 4.
- \_\_\_ Quadriceps re-education E-stim / Biofeedback
- \_\_\_ Leg press in 90° - 30° arc - start with eccentrics.
- \_\_\_ Hamstring and Hip progressive resistance exercises.
- \_\_\_ Straight Leg Raises until no extensor lag
- \_\_\_ Patellar mobilization
- \_\_\_ Short crank bicycle ergometry
- \_\_\_ Cryokinetics to facilitate therapy if needed
- \_\_\_ Weight shifts progressing to SL balance
- \_\_\_ Begin CKC strengthening in short arc by week 4. Watch for compensation of uninvolved leg
- \_\_\_ Core and hip stability, gain pelvic control
- \_\_\_ Goals: Full extension, WB with little to no pain
- \_\_\_ LE and spinal mobility exercises

**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 6
- \_\_\_ 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)

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

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**