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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 (Unless directed by surgeon). Passive hyperextension with weight okay (Prone and Supine hangs).
- Quadriceps re-education Russian stim and/or Biofeedback. Okay to do quad sets, SAQs, SLRs with stim
- Hamstring Isometrics progressing arc to 90 as tolerated. Hip progressive resistance exercises - OKC
- Patellar mobilization
- Cryokinetics for to facilitate exercise if painful
- Goals - 90° flexion by end week 3
- Strict TTWB for 6 weeks, no exceptions. Brace locked at 0 with ambulation.
- Open chain quad strengthening okay for first 6 weeks (0-90). After 6 weeks, transition to CKC strength
- Rotation and Anti-Rotation trunk exercises
- May begin to WBAT at 6 weeks post op
- No stationary bike before 4-5 weeks based on pain. Use as passive motion only until 6 weeks post op.

6-12 Weeks s/p ACL Reconstruction

- Begin squat/step program, CKC strength progressing to full arc as tolerated
- Begin proprioception / balance program. Progress as dynamic knee control improves
- Full ROM by week 8. Discontinue use of brace at 6 weeks.
- Begin retro program with resistance as well as hip hinge exercises (SL dead, RDL, GoodMornings, GHD, Nordic HS, Hip thrusters, etc)
- Nordic track / Elliptical / Stationary bike
- May begin pool jogging at 10 weeks. Water must be at chest level (Alter-G okay, 20% body weight max)
- Lateral (sagittal plane) motions okay at this time, no pivoting, focus dynamic knee control
- Progress trunk and spinal extensor strength and stability. Focus on endurance
- Goals: No knee valgus with CKC exercises, full ROM, no extensor lag

12-18 Weeks s/p ACL Reconstruction

- Begin and continue linear progression of squat and deadlift resistance 3x per week
- Begin footwork/agility program, lateral motions okay, no pivoting / transverse plane knee motion
- Trunk and spinal extensor strength and mobility proogressing to multi-planar movements
- Begin running program at 12 weeks if eccentric step down test is symmetric
- Accessory lifts – Upper body – Vertical push and pull, Horizontal push and pull
- No jumps higher than jump rope height
- Assess mobility of ankle, hip, thoracic spine, and shoulder. Interventions as indicated by findings.

18-20+ Weeks s/p ACL Reconstruction

- Continued linear progression of resistance with squat and deadlift 3x per week
- Agility drills / Sport specific drills on non-lifting days. Cardiovascular conditioning on non-lifting days.
- Progress running program – Transverse plane, begin with curves and progress based on strength, pain and coordination. Patient must be supervised when beginning rotation/transverse plane motion of the knee
- Plyometric exercises okay for lower body
- 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)
 Athletes: 1.5x body weight deadlift (Hex bar okay), Pro Agility run,

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

**Please send progress notes.

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