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Physical Therapy Prescription ACL Insufficiency

Patient Name: _____

Date: _____

Dx: (LEFT/RIGHT) KNEE ACL INSUFFICIENCY ACUTE / CHRONIC

NON-OP

RECOVERY / RECUPERATION

- ___ Restore ROM. Focus extension (Weighted prone and supine hangs based on pain)
- ___ Quad exercises if acute for first 1-2 weeks (Quad set, SLR, SAQ, TKE. If chronic ACL, focus CKC strength in arc that is tolerated)
- ___ PWB – FWB based on pain
- ___ SLR (Okay to add weight if no lag up to 5#. Once patient reaches 5#, progress to CKC strengthening)
- ___ Hamstring / Hip PRE's
- ___ Stationary biking, low resistance if acute to facilitate motion.
- ___ Closed Chain activities: Step to SL balance, half squats, step-ups, hip hinge (May progress depth based on symptoms)
- ___ Balance exercises for joint stability
- ___ Gait training. Okay to use Alter-G. WB progression as pain and function allow.
- ___ Pool therapy if available

LIMITED RETURN TO SPORTS PHASE

- ___ Continue CKC strength – Squat (with variations) and hip hinge (with variations) Progressive overload:
Squat variations - Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press, Total Gym, Hex Bar Squat, etc.
- ___ Hip hinge variations - Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging, etc.
- ___ Begin agility exercises in frontal and sagittal plane only
- ___ Begin walk/run program if eccentric step down is symmetric 6" height
- ___ Okay to begin Stairmaster, Versiclimber, Elliptical etc.
- ___ Upper body strength program (Vertical Push and Pull, Horizontal Push and Pull)
- ___ Rotation and anti-rotation exercises for trunk

FULL RETURN TO SPORTS PHASE

- ___ Begin sports specific drills. Transverse plane motion okay. Non-contact.
- ___ Progress running program, begin sprinting as tolerated
- ___ Continue / progress CKC strength, focus squat and deadlift variations
- ___ Stress activities that demand neuromuscular control over knee during dynamic movements
- ___ Plyometrics may begin
- ___ Triple extension exercises for LE may begin
- ___ RTP tests for athletes: SL broad jump, SL crossover hop, Triple Hop, 10 yard pro agility, T test agility

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

**Please send progress notes.

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



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