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Physical Therapy Prescription ACL Insufficiency

Patient Name:	Date:		
DOB:	Sex:		
Dx: (LEFT/RIGHT) KNEE ACL INSUFFICIENC	Y 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.	