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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. Focus full extension with prone and supine hangs. May add weight based on pain.
- \_\_\_ Quadriceps re-education. Russian Stim with quad set and/or SAQ
- \_\_\_ Standing TKE with ball and/or band as resistance
- \_\_\_ Leg press / Total Gym - start with eccentrics
- \_\_\_ Hamstring and Hip progressive resistance exercises
- \_\_\_ Straight Leg Raises – Okay to add weight if no extensor lag up to 5#. After 5#'s, progress to CKC strength
- \_\_\_ Patellar mobilization
- \_\_\_ Stationary bike
- \_\_\_ Cryokinetics to facilitate therapy if needed
- \_\_\_ Weight shifts progressing to SL balance, stable surface and multi-directional
- \_\_\_ Begin CKC exercises in short arc by week 4. Watch for compensation of uninvolved leg
- \_\_\_ Core and hip stability, gain pelvic control
- \_\_\_ Goals at end of 6 weeks: Full extension, WB with little to no pain
- \_\_\_ LE and spinal mobility exercises
- \_\_\_ Gait training with mini-hurdles

**6-12 Weeks s/p ACL Reconstruction**

- \_\_\_ Begin concentric and eccentric step program progressing height as tolerated
- \_\_\_ Begin proprioception program on unstable surface with perturbations
- \_\_\_ Full ROM by week 6
- \_\_\_ Begin retro program with resistance, begin CKC strength focusing on posterior chain
- \_\_\_ Incline treadmill / Elliptical
- \_\_\_ May begin pool jogging at 9-10 weeks. Water must be at chest level
- \_\_\_ Lateral (sagittal plane) motions okay at this time, walking speed only, no pivoting, focus hip control
- \_\_\_ Goals: No knee valgus with CKC strength, full ROM, no extensor lag

**12-18 Weeks s/p ACL Reconstruction**

- \_\_\_ Squat and hip hinge variations (Back, Front, Overhead, step up, Hex Bar, etc. / Deadlift, RDL, Hip thrusters, GHD, Nordic hamstring, Good mornings, etc.)
- \_\_\_ Begin sport specific agility program, lateral motions okay, no pivoting
- \_\_\_ Begin jogging / running program at 12 weeks if eccentric step down test is symmetric
- \_\_\_ Single leg balance exercises
- \_\_\_ Mini hurdle hops can begin. Progress based off dynamic control of knee.
- \_\_\_ Ankle, hip, thoracic spine and shoulder mobility

**18-20+ Weeks s/p ACL Reconstruction**

- \_\_\_ Continue with CKC strength. Continue to progress squat variations and hip hinge variations. Progressive overload.
- \_\_\_ Agility drills.
- \_\_\_ 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: 4 hop tests, figure 8 run, 10 yard pro agility, T test agility (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.**