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## Physical Therapy Prescription ACL Reconstruction with Meniscal Repair

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_

**Dx: s/p ( LEFT / RIGHT ) ACL RECONSTRUCTION MENISCAL REPAIR (MED / LAT)**

**2 Weeks s/p ACL Reconstruction**

- \_\_\_ Progress ROM 0 -90°. DO NOT PROGRESS PAST 90 x 4 weeks
- \_\_\_ Quadriceps re-education – Russian stim / Biofeedback
- \_\_\_ Hamstring isometrics and Hip progressive resistance exercises, OKC
- \_\_\_ Quad set, SLR, SAQ. Add weight up to 5# if no lag.
- \_\_\_ Patellar mobilization
- \_\_\_ Cryokinetics to facilitate exercises if painful
- \_\_\_ Can WBAT with brace locked in full extension
- \_\_\_ Open chain quad exercises (0-90) okay for first 6 weeks. After 6 weeks, transition to CKC strength
- \_\_\_ Abdominal bracing and spinal extension (flexed to neutral) exercises

**4 Weeks s/p ACL Reconstruction with Meniscal Repair**

- \_\_\_ Unlock brace to 90 degrees with ambulation. May sleep without brace.
- \_\_\_ Progress to full ROM as tolerated in NWB / OKC fashion
- \_\_\_ Avoid CKC strength, SL static balance okay.

**6-12 Weeks s/p ACL Reconstruction with Meniscal Repair**

- \_\_\_ Begin eccentric step / squat program (Step up / down, leg press, Total Gym, etc.)
- \_\_\_ 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 strength
- \_\_\_ Goals: No knee valgus with CKC strength, full ROM, no extensor lag

**12-18 Weeks s/p ACL Reconstruction with Meniscal Repair**

- \_\_\_ Full arc for closed chain strength. May begin linear progression of squat and deadlift
- \_\_\_ Begin sport specific 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
- \_\_\_ Mini hurdle hops can begin. Progress based off dynamic control of knee.
- \_\_\_ Assess posture and functional movement patterns. Corrective exercise as needed

**18-20+ Weeks s/p ACL Reconstruction with Meniscal Repair**

- \_\_\_ Continue with CKC strength. Continue to progress squat and deadlift
- \_\_\_ 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: 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.**