



**Travis G. Maak, M.D.**  
590 Wakara Way  
Salt Lake City, UT 84108  
Tel: (801) 587-7109  
Fax: (801)587-7112  
Lic. # 8234797-1205

## Physical Therapy Prescription ACL Tear, Pre-Op

**Patient Name:**

**Date:**

**Dx: (LEFT/RIGHT) KNEE ACL TEAR**

**PRE-OP**

### ACUTE PHASE

- Restore ROM, focus on extension. No heavy loads until near normal motion has been restored.
- Quadriceps re-education – Quad set, SLR, SAQ. Okay to add weight if no lag. Russian E-Stim.
- PWB – FWB based on pain
- Gait training
- Hamstring / Hip PRE's
- Stationary biking, low resistance
- Short Arc closed chain activities: ½ RDL's, half squats, step-ups, leg press
- Balance exercises on stable surface. Multi-directional steps okay based on dynamic control.
- Patellar mobilization
- Compression wrap
- Pool workouts/exercises and walking if available

### SUB-ACUTE PHASE

- Progress endurance activities
- Begin to increase resistance on CKC exercises if tolerated
- Begin with Stairmaster, Incline treadmill walking, hiking, etc.
- Begin squat variations and hip hinge variations
- Continue with in-line activities, no explosive movements, no cutting/transverse plane motion of knee

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

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**