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## Physical Therapy Prescription ACL Insufficiency s/p Bone Grafting

**Patient Name:**

**Date:**

**Surgery Date:**

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

### **RECOVERY / RECUPERATION 0 to 2 weeks**

- Restore ROM
- Quadriceps Isometrics for first week
- PWB – FWB based on pain
- Leg lifts with / without weights
- Hamstring / Hip PRE's
- Stationary biking, elliptical
- Closed Chain activities: BAPS, half squats, step-ups, leg press, dead lifts
- Balancing for joint stability. Begin on stable surface, progress to unstable with perturbations
- Patellar mobilization

### **LIMITED RETURN TO SPORTS PHASE 2-6 weeks**

- Progress endurance activities
- Begin agility exercises
- Begin running program when eccentric step down is symmetric
- Continue with Stairmaster, Versiclimber, etc.
- Continue with quadriceps and hamstrings– full arc
- Isokinetic test

### **FULL RETURN TO SPORTS PHASE 6 weeks and beyond**

- Begin aggressive functional exercises, multi-planar movements okay
- Progress running program to sprinting
- Continue / progress agility exercises
- Stress activities that demand neuromuscular control over knee and lower extremities
- Plyometrics
- Triple extension exercises for LE

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

\*\*Please send progress notes.

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