

PHYSICAL THERAPY PRESCRIPTION

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DIAGNOSIS (LEFT / RIGHT) ACL/PCL/MCL/LCL RECONSTRUCTION WITH ALLOGRAFT DATE OF SURGERY _____

PHYSICAL THERAPY PRESCRIPTION

0-2 Weeks—NWB, crutches, Passive ROM unlimited to 30 flexion, obtain full extension, Straight leg raise, isometric quads, icing and edema control, ankle pumps

2-4 Weeks- As above, increase ROM to 60 degrees of flexion

4-6 Weeks – As above, increase ROM to 90 degrees of flexion

6 Weeks s/p ACL Reconstruction—ADVANCE TO WBAT IN BRACE

- Progress ROM 0 –110. Limit flexion to 90 for 6 weeks. Passive terminal extension (40° - 0°)
- Quadriceps re-education E-stim / Biofeedback
- Leg press in 90° - 40° arc - start with eccentrics.
- Hamstring and Hip progressive resistance exercises.
- Isometrics at 90° / Straight Leg Raises
- Patellar mobilization
- Short crank bicycle ergometry
- Cryotherapy
- Open brace from 0-40° at 6 weeks if quad control is good. Goal is to discontinue brace at 6-8 weeks.
- Goals - 90° flexion by end week 6, 110° flexion by end week 8

8 Weeks s/p ACL Reconstruction

- Terminal ROM flex and extension, aggressive terminal extension, gentle terminal flexion.
- Unlock Brace and advance to WBAT, DC brace at 8 weeks if quad control good.
- Begin Quadriceps Isotonics with proximal pad in 90° - 40° arc
- Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
- Begin retro program
- Nordic track

12 Weeks s/p ACL Reconstruction

- Quadriceps Isotonics - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic Quadriceps with distal pad
- Begin running program at earliest 18 weeks

24 Weeks s/p ACL Reconstruction

- Full arc progressive resistance exercises - emphasize Quads
- Agility drills
- Advanced functional exercises
- Progress running program - cutting
- Functional testing (single leg hop, etc) to determine readiness for sport, fit for custom brace.

Treatment: _____ **times per week** **Duration:** _____ **weeks**

Physician's Signature: _____

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