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**PHYSICAL THERAPY PRESCRIPTION:**

**ACL Reconstruction**

**1-6 Weeks S/P ACL Reconstruction**

\* Progress R.O.M. as tolerated; no forced manipulations

\* Quadriceps re-education (electrical stim, biofeedback).

\* Weight bearing as tolerated in ROM brace

* Brace locked in extension for ambulation until quad function returns then unlock as tolerated

\* 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 4 weeks

\* Goals: 90° flexion by end week 1

 110° flexion by end week 2

**6-12 Weeks S/P ACL Reconstruction**

\*\*All exercises from earlier protocol apply plus the following:

\* Begin squat/step program

\* Begin proprioception program

\* 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

**12-24 Weeks S/P ACL Reconstruction**

\*\*All exercises from earlier protocol apply plus the following:

\* 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 12 weeks if quad control allows

**24 Weeks S/P ACL Reconstruction**

\* Full arc progressive resistance exercises - emphasize quads

\* Agility drills \*Plyometrics

\* Advanced functional exercises \*KT-1000 test if available

\* Progress running program - cutting

\* Isokinetic test at 60°/second, 180°/second, 240°/second

Please send progress notes.