

**Andrew Zogby, MD**

Orthopaedic Surgeon, Sports Medicine Specialist

332 Santa Fe Drive, Suite 110

Encinitas, CA 92024

azogby@coreorthopaedic.com

(760) 943-6700

**PHYSICAL THERAPY PRESCRIPTION:**

**ACL Reconstruction with meniscus repair**

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

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

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

**\* Weight bearing as tolerated in ROM brace locked in extension for ambulation for 6 weeks; ok to unlock or remove brace for ROM exercises**

**\* No weight bearing flexion beyond 90 degrees for 3 months**

\* Hamstring and hip progressive resistance exercises.

\* Isometrics at 90° or less/ Straight leg raises

\* Patellar mobilization

\* Short crank bicycle ergometry

\* Cryotherapy

\* 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 (90 degrees or less knee flexion)

\* Begin proprioception program

\* Begin quadriceps isotonics with proximal pad in 90° - 40° arc

\* Continue closed chain quadriceps strengthening 90 degrees or less (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:

\* Full active and passive ROM including weight bearing exercise in >90 degrees of knee flexion

\* 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.