#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

949.722.7038 OFFICE

949.722.5038 FAX

CA License: A129372

**DIAGNOSIS ( LEFT / RIGHT ) ACL RECONSTRUCTION WITH: BTB/QUAD/ALLOGRAFT**

**DATE OF SURGERY­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHYSICAL THERAPY PRESCRIPTION**

**0-2 Weeks—TDWB, crutches, passive ROM unlimited, straight leg raise, isometric quads, icing and edema control, prone heel hangs, ankle pumps**

**2 Weeks s/p Reconstruction**

* Advance to full WB with brace locked in extension
* Progress AAROM and AROM 0 –90 by end of 1st week, 110 by end of second week
* Quadriceps re-education E-stim / Biofeedback
* Isometrics at 90° / Straight Leg Raises with 1lb weight
* Patellar mobilization (gentle)
* Short crank bicycle ergometry
* Cryotherapy
* Goals - out of brace with good quad control 3-4 weeks

**6 Weeks s/p Reconstruction**

* Terminal ROM flex and extension. No limitations
* Begin squat/step program
* Quadriceps strengthening
* Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
* Begin retro program

**12 Weeks s/p Reconstruction**

* Quadriceps Isotonics - full arc for closed chain.
* Begin functional exercise program
* Isokinetic Quadriceps with distal pad
* Begin running program at 16 weeks

**24 Weeks s/p Reconstruction**

* Full arc progressive resistance exercises - emphasize Quads
* Agility drills
* Advanced functional exercises
* Progress running program - cutting

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**