



Allograft ACL Reconstruction



Allograft ACL Reconstruction - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Allograft ACL Reconstruction

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

Phase I (weeks 0-4)

- WBS:** WBAT, crutches as needed
- BRACE:** 0-2 weeks – Locked in full extension for ambulation, worn while sleeping until first post-operative visit
2-4 weeks – Unlocked for ambulation, remove for sleeping
- ROM:** As tolerated, concentrate on full extension first, progress to flexion
- EXERCISES:** Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch
SLR w/ brace in full extension until quad strength prevents extension lag
Side lying hip/core

Phase II (weeks 4-12)

- WBS:** WBAT, progress to normal gait pattern
- BRACE:** Discontinue after week 4 when no extension lag with straight leg raise
- ROM:** Full extension, progress to full flexion
- EXERCISES:** Progress to weight bearing
gastroc/soleus stretch
Begin toe raises, closed chain extension, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks

Phase III (Weeks 12-16)

- WBS:** WBAT, completely off crutches, normalize gait pattern
- BRACE:** None
- ROM:** Full and pain-free ROM
- EXERCISES:** Advance closed chain strengthening
Progress proprioception activities
Begin stairmaster, elliptical and running straight ahead at 12 weeks

Phase IV (weeks 16-24)

- WBS:** WBAT
- BRACE:** None
- ROM:** Full and pain-free ROM
- EXERCISES:** 16 weeks: Begin jumping
20 weeks: Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills
22 weeks: Advance as tolerated, FSA completed at 22 wks***

Signature: _____

Date:
Stephen G. Thon, MD

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Phase V (weeks 24+)

WBS: WBAT

BRACE: None

ROM: Full and pain-free ROM

EXERCISES: Gradual return to sports participation after completion of FSA
Maintenance program based on FSA

Return to Sports/Full Activity

- Full, pain-free ROM
- Strength 85-90+% of contralateral knee
- Passed Functional Sports Assessment (FSA)
- Clearance from MD