



Allograft ACL Reconstruction - Physical Therapy Prescription

Please fax initial assessment and subsequent progress notes directly to DM Ortho at 303-789-3010

Name: _____

Date: _____

Diagnosis: R / L Allograft ACL Reconstruction

Date of Surgery: _____

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

Signature: _____

Date: _____

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***

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