



# BTB / Quad Autograft ACL Reconstruction



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## BTB / Quad Autograft 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 BTB / Quad Autograft 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  
8 weeks: Begin stairmaster, elliptical  
12 weeks: 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

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

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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