

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine of USC

PATIENT STICKER

DATE OF SURGERY: _____

DIAGNOSIS (LEFT/RIGHT) ACL/PCL/MCL/LCL RECONSTRUCTION WITH ALLOGRAFT

PHYSICAL THERAPY PRESCRIPTION

0-2 Weeks:

NWB, crutches, Passive ROM unlimited to 30 flexion, obtain full extension, Straight leg raise, isometric quads, icing and edema control, ankle pumps

2-4 Weeks:

As above, increase ROM to 60 degrees of flexion

4-6 Weeks:

As above, increase ROM to 90 degrees of flexion

6 Weeks s/p ACL Reconstruction—ADVANCE TO WBAT IN BRACE

- ___ Progress ROM 0–110. Limit flexion to 90 for 6 weeks. Passive terminal extension (40 degrees - 0 degrees)
- ___ Quadriceps re-education E-stim / Biofeedback
- ___ Leg press in 90 degrees - 40 degrees arc - start with eccentrics.
- ___ Hamstring and Hip progressive resistance exercises.
- ___ Isometrics at 90 degrees / Straight Leg Raises
- ___ Patellar mobilization
- ___ Short crank bicycle ergometry
- ___ Cryotherapy
- ___ Open brace from 0-40 degrees at 6 weeks if quad control is good. Goal is to discontinue brace at 6-8 weeks.
- ___ Goals: 90-degree flexion by end week 6, 110-degree flexion by end week 8

8 Weeks S/P ACL Reconstruction

- ___ Terminal ROM flex and extension, aggressive terminal extension, gentle terminal flexion.
- ___ Unlock Brace and advance to WBAT, DC brace at 8 weeks if quad control good.
- ___ Begin Quadriceps Isotonics with proximal pad in 90 degrees - 40 degrees arc
- ___ Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
- ___ Begin retro program
- ___ Nordic track

12 Weeks S/P ACL Reconstruction

- ___ Quadriceps Isotonics - full arc for closed chain. Open chain: 90 degree - 40-degree arc.
- ___ Begin functional exercise program
- ___ Isokinetic Quadriceps with distal pad
- ___ Begin running program at earliest 18 weeks

24 Weeks S/P ACL Reconstruction

- ___ Full arc progressive resistance exercises - emphasize Quads
- ___ Agility drills

PHYSICAL THERAPY PRESCRIPTION

- Advanced functional exercises
- Progress running program - cutting
- Functional testing (single leg hop, etc) to determine readiness for sport, fit for custom brace.

Treatment: _____ times per week Duration: _____ weeks

Physician's Signature: _____
Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC