

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS ( LEFT / RIGHT ) ACL RECON WITH BTB/HAMSTRING/ALLOGRAFT AND MEDIAL/LATERAL MENISCAL REPAIR

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

### PHYSICAL THERAPY PRESCRIPTION

**0-2 Weeks**—TDWB, crutches, Passive ROM 0-60 only, Straight leg raise, isometric quads, icing and edema control, ankle pumps

#### **2 Weeks s/p Reconstruction**

- \_\_\_ Advance to full WB with brace locked in extension
- \_\_\_ Progress AAROM and AROM 0 –90. Limit flexion to 90 for 4 weeks to protect meniscus. Passive terminal extension (40° - 0°)
- \_\_\_ Quadriceps re-education E-stim / Biofeedback
- \_\_\_ Isometrics at 90° / Straight Leg Raises with 1lb weight
- \_\_\_ Patellar mobilization (gentle)
- \_\_\_ Short crank bicycle ergometry
- \_\_\_ Cryotherapy
- \_\_\_ Goals - 90° flexion by end week 4, full weight bearing  
110° flexion by end week 6

#### **6 Weeks s/p Reconstruction—DC brace, allow full weight bearing.**

- \_\_\_ Open Brace then discontinue if quad control is good.
- \_\_\_ 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 18 weeks

#### **24 Weeks s/p Reconstruction**

- \_\_\_ Full arc progressive resistance exercises - emphasize Quads
- \_\_\_ Agility drills
- \_\_\_ Advanced functional exercises
- \_\_\_ Progress running program – cutting, consider fitting for functional brace

Treatment: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC