

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**Dx: ( LEFT / RIGHT ) ACL INSUFFICIENCY/TEAR**

### ACL NON-OPERATIVE INSUFFICIENCY PHYSICAL THERAPY PRESCRIPTION

GOALS:

- 1) RECOVERY / RECUPERATION FROM INITIAL INJURY
- 2) RESTORE NORMAL RANGE OF MOTION
- 3) MINIMIZE INFLAMMATION AND EFFUSION
- 4) IMPROVE STRENGTH IN AN ATTEMPT TO RETURN TO NON-CUTTING SPORTS WITHOUT SURGERY.

### PHASE 1: RECOVERY / RECUPERATION (APPROX 4-6 WEEKS)

- \_\_\_ Restore ROM
- \_\_\_ Quadriceps Isometrics. Quadricep Isotonics 90 deg – 30 deg arc
- \_\_\_ PWB - FWB
- \_\_\_ Leg lifts with / without weights
- \_\_\_ Hamstring / Hip PRE's
- \_\_\_ Stationary biking
- \_\_\_ Closed Chain activities: BAPS, half squats, step-ups, leg press, Nordic track
- \_\_\_ Balancing for joint stability
- \_\_\_ Patellar mobilization

### PHASE 2: LIMITED RETURN TO SPORTS PHASE (4-6 WEEKS)

- \_\_\_ Progress endurance activities
- \_\_\_ Begin agility exercises
- \_\_\_ Begin running program
- \_\_\_ Continue with Stairmaster, Versiclimber, etc.
- \_\_\_ Continue with Quadriceps Isometrics, Isotonics, Eccentrics – full arc
- \_\_\_ Isokinetic test
- \_\_\_ Limited return to sports with brace. Brace: 10 deg – 140 deg

### FULL RETURN TO SPORTS PHASE (APPROX 3 MONTHS POST INJURY)

- \_\_\_ Begin aggressive functional exercises, CONSIDER CUSTOM ACL BRACE
- \_\_\_ Progress running program
- \_\_\_ Continue / progress agility exercises
- \_\_\_ Stress activities that demand neuromuscular control over knee and lower extremities
- \_\_\_ Plyometrics

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

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