

Physical Therapy Prescription for:

label

Diagnosis: ACL reconstruction & OC Allograft [] MFC / [] LFC**Date of Surgery:**

See attached ACL Rehabilitation Protocol

Weight bearing status: TTWB x 2 weeks, then WBAT and can wean crutches**CPM:** 1-2 hr/day, 0-30 degrees, advance 10-15 degrees per day.

Protocol: Ice 30 min then CPM 45min–1hr then ice 30 min. Repeat 2-3x/day

Brace:

First six weeks post-op:

- ACL hinged knee brace (TROM or equivalent) for weight bearing activities:
 - Locked when ambulating, unlocked when working on ROM (only when non-weight bearing)
 - May unlock for ambulation as soon as quad control returns (usually after 2-3 weeks)
- Brace range: 0 to 90 degrees
- Brace locked at 0 degrees for sleep for first 2 weeks (or longer if hasn't achieved symmetric terminal extension)

Weeks 6 to 12:

- 1-2 week transition out of brace, provided good quad control

Weeks 12 to 24:

- No brace needed
- Focus on strengthening
- HAMSTRINGS!
- If cleared by therapist, ok to start a return to run program
- Alternate 10 min brisk walk – 10 min jog – 10 min brisk walk. Can increase jog portion each week by 2-3 minutes if tolerates well
- Will determine return to play clearance at week 24 (~ 6 months)

Additional Instructions:

- SEE ATTACHED PHYSICAL THERAPY PROTOCOL
- Patella mobilizations important
- Scar massage beginning 3 weeks post-op