

Physical Therapy Prescription for:

label

Diagnosis: ACL reconstruction w/ IT Band

Date of Surgery:

Treatment: See attached ACL Rehabilitation Protocol

Weight bearing status: TDWB w/ crutches for 6 weeks

Brace:

First six weeks post-op:

- ACL hinged knee brace 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
- Brace range: 0 to 30 degrees x 2 weeks, then 0-90 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:

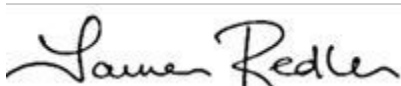
- 1-2 week transition out of brace, provided good quad control

Weeks 12 to 14:

- 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

Additional Instructions:

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



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Date