

Lauren H. Redler, MD Adult & Pediatric Sports Medicine

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Physical Therapy Prescription for:

Eval & Treat: 2x/week x 12 weeks

Diagnosis: ACL tear: Pre-op for ACL Reconstruction

Treatment:

Increase ROM as tolerated
Swelling control including icing
Gait training
Modalities PRN
Stretching/strengthening of quadriceps/hamstrings

Weight Bearing Status:

WBAT, no impact activities Wean crutches

Brace:

May use hinged knee brace for weight bearing activities

Treatment Goals:

ROM 0 to 130 degrees Improved strength Minimal effusion

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Date