

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

Lauren H. Redler, M.D.

Date