



Rehabilitation prescription for: _____
Eval & Treat: 2x/week x 12 weeks.

Dr. Redler's Advanced Knee PT Protocol

Diagnosis:

Procedure date:

S/P:

EVALUATION & TREATMENT:

- Begin **progressive weight-bearing strengthening exercises**, with focus on:
 - o Leg press (Double leg and single leg, progressing towards strength of non-affected limb)
 - o Squats
 - Optimize form, with knees over feet and prevention of valgus thrust
 - Avoid deep squats/hyperflexion (beyond 100 degrees)
 - Add weight, progress reps as tolerated
 - o Step ups and sidestep up/downs → Advance to lunges and side lunges
 - o Stationary bike (60 RPM minimum with increasing resistance)
 - o Leg extensions (eccentrics, as tolerated...may eliminate if prohibitive patellofemoral pain)
 - o Hamstring strengthening (leg curls, Romanian deadlifts, bridge → advance to single-leg bridge)
 - o Hip/core stabilization exercises (e.g. hip ABD/ERs to optimize knee function/form)
 - o Balance/proprioception: static and dynamic balance activities
 - o Slide board (if available)
 - Please clear for/advance to **straight ahead running** only when operative side Q/HS strength = **70%** strength of contralateral/non-operative side (**FOR ACL - EARLIEST 3 MONTHS POST-OP**)
 - o Manual muscle testing should not be used alone to estimate
 - o Single leg press test: e.g. if non-op sided reps for a given weight=20, and operative-sided reps=15, then strength estimate is 75%
 - o Encourage initial running to be light jogging on soft surfaces (e.g. rubberized track, running shoes on dry field, soft treadmill) before advancing to trail running or pavement
 - Please clear for/advance to **agility exercises** (plyometrics, jumping, landing, lateral movements, sports-specific exercises) only when op side Q/HS strength = **90%** strength of non-op side (**FOR ACL - EARLIEST 4.5 MONTHS POST-OP**)
 - Will re-assess for full return to sports between 6 months post-op/post-injury @ follow-up
 - o Please provide patient w/ most recent PT note to facilitate MD correlation of PE findings to results of dynamic testing (% strength? Symmetrical balance/performance w/ agilities?)
 - Thank you for your great care!
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