*Physical Therapy Prescription-ACL + Meniscus Standard Repair*

Surgery: \*\*\*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Surgery Date: \*\*\*\_\_\_\_\_\_\_

Evaluate and Treat per therapist plan 1-2 times/week for 20 weeks. Please contact the office for renewal as needed.

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| *Phase* | *Time* | *Exercises/Activities/****Restrictions*** | *Goals* |
| Early Post op | 0-2weeks | **Brace/Crutches at all times**  **WB STATUS Partial WB in extension**  **With crutches!**  Passive/Active ROM  Straight leg raise  Quadriceps isometrics  Patella mobilizations |  |
| Phase I | 2-6 weeks | **Brace/Crutches at all times**  **Do not go past 90 degrees**  **WB STATUS Partial WB in extension**  **With crutches!**  Patella mobilizations  Active/passive/AAROM  Straight leg raise  Quad isometrics  Modalities OK  Home exercise program | *Goals*  ROM to 90 degrees  Healing of ACL/meniscus  Quadriceps control  Good patella mobility |
| Phase II | 6-12 weeks | AAROM exercises  Leg press—0-90 degree arc  Step-up/Step-down  Lunges/Squats  Proprioception/balance program  Hip/CORE program  Straight leg raise  Stair master/elliptical  Modalities OK  Home exercise program | *Goals*  ROM to normal  Normal patellar mobility  Restore normal gait  Ascent stairs with good control  Return to normal ADL |
| Phase III | 12-20 weeks | Progress squat program  Advance quad/hamstring program  Proprioception training - no jumping  Elliptical  Modalities  Home exercise program | *Goals*  Descend stairs with good control  Improve flexibility  Running at 4 months |
| Phase IV | >20 weeks | Continue LE strengthening/flexibility  Forward running (per MD)  Brace for sports (per MD)  Agility exercises - no jumping or running until after 4 months and cleared by MD | *Goals*  Sport specific activity  Return to competitive activities at 9 months |