*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 degreesHealing 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/SquatsProprioception/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 jumpingElliptical 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  |