

Patient Name \_\_\_\_\_ Date of Surgery \_\_\_\_\_  
\_\_\_\_\_ / Week \_\_\_\_\_ Weeks

## ACL Reconstruction: Hamstring and Bone-Patella Bone Autografts

### **Weeks 7-12**

**Begin:** \_\_\_\_\_

Goals:

1. Full ROM
2. Swelling < 1-2 cm at midpatella
3. Prevent patella femoral pain with exercises

Test:

1. KT 1000 and isokinetic test at week 12

Exercises:

1. Continue with above program
2. Leg extension can be concentric 90=30 after week 6 for BPTB
3. Begin isokinetics 90-30 degrees, practice starting at week 8 with progression from fast speed (300d/sec) to slow speed (60d/sec), practice once per week only
5. Add shuttle for plyometrics at week 10

### **Return to Activity**

Treadmill walking.....week 7  
Elliptical .....week 9  
Rowing .....week 10  
Outdoor biking .....week 10  
Swimming .....week 12  
Stair stepper .....week 12  
Golf.....week 16  
Running, skiing, basketball ....month 5  
Tennis, football, soccer.....month 6

*I hereby certify these services as medically necessary for the patient's plan of care.*

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date