

Referral for Rehabilitation Services

Patient Name	Date of Surgery	
	/ Week	Weeks
ACL Reconstruction	on: Hamstring	and Bone-Patella Bone Autografts
Weeks 1-3	Begin:	
**DO NOT PUSH FLEXIO	N PAST 90 DEGREES	FOR THE FIRST SIX WEEKS!
Goals:	1. 90 degi	rees flexion ROM, full extension
	2. Indepe	ndent quad contraction
	3. Gait wit	chout crutches by end of week 2
Exercises:		e with post-op program, add weight to SLR if nsion lag
		e for ROM, strength, and cardio benefit; s tolerated
		nip machine, initiate closed kinetic chain CKC to toe and heel raises, dynamic terminal extension, uats
		ining with mini-hurdles to restore normal ematics
I hereby certify these servio	ces as medically necess	sary for the patient's plan of care.
Physician's Signature		Date