

Referral for Rehabilitation Services

Patient Name		Date of Surgery
	/ Wee	kWeeks
ACL Reconstruction	n: Hams	tring and Bone-Patella Bone Autografts
Weeks 4-6	Ве	gin:
**DO NOT PUSH FLEXIO	N PAST 90 D	EGREES FOR THE FIRST SIX WEEKS!
Goals:	1.	ROM 0-120 as tolerated
	2.	Normal gait cycle by weeks 3-4
	3.	KT 1000 at 6 weeks post-op
Exercises:	1.	Continue with post-op exercises as home exercise program
	2.	Advance CKC program to: step-ups, modified lunges
	3.	Initiate isotonic weight machines
		 a. Leg extension 90-30 degrees (BPTB – eccentric x 6 weeks, HS concentric starting at week 3)
		b. Hamstring curls (start with standing HS curls at week 3 for hamstring graft; progress to weight machine)
		c. Leg press
	4.	Initiate proprioceptive program – single leg stance, balance board
I hereby certify these service	ces as medical	lly necessary for the patient's plan of care.
Physician's Signature		Date