

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
- Ellipticalweek 9
- Rowingweek 10
- Outdoor bikingweek 10
- Swimmingweek 12
- Stair stepperweek 12
- Golf.....week 16
- Running, skiing, basketballmonth 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