

Patient Name _____ Date of Surgery _____
_____ / Week _____ Weeks

ACL Reconstruction: Hamstring and Bone-Patella Bone Autografts

Weeks 4-6

Begin: _____

****DO NOT PUSH FLEXION PAST 90 DEGREES 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 services as medically necessary for the patient's plan of care.

Physician's Signature

Date