

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