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Patient Name:

Date:

RIGHT or LEFT ACL INSUFFICIENCY - PHYSICAL THERAPY PRESCRIPTION

_____ **PRE-OPERATIVE**

_____ **NON-OPERATIVE**

RECOVERY / RECUPERATION

- ___ Restore ROM
- ___ Quadriceps Isometrics. Quadricep Isotonics 90 deg – 30 deg arc
- ___ PWB – FWB: Advance when pain free
- ___ Leg lifts with / without weights
- ___ Hamstring / Hip PRE's
- ___ Stationary biking
- ___ Closed Chain activities: BAPS, half squats, step-ups, leg press, Nordic track
- ___ Balancing for joint stability only
- ___ Patellar mobilization and edema control

LIMITED RETURN TO SPORTS PHASE

- ___ Progress endurance activities
- ___ Begin agility exercises
- ___ Begin running program
- ___ Continue with Stairmaster, Versiclimber, etc.
- ___ Continue with Quadriceps Isometrics, Isotonics, Eccentrics – full arc
- ___ Isokinetic test
- ___ Limited return to sports with brace. Brace: 10 deg – 140 deg

FULL RETURN TO SPORTS PHASE

- ___ Begin aggressive functional exercises
- ___ Progress running program
- ___ Continue / progress agility exercises
- ___ Stress activities that demand neuromuscular control over knee and lower extremities
- ___ Plyometrics

Signature: _____

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