

## Physical Therapy Prescription – ACL Reconstruction with Quadriceps Tendon Autograft

Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Procedure: R / L ACL Reconstruction with quadriceps tendon autograft

Frequency: 2-3 times per week for 12 weeks

### PHASE I (Weeks 0 – 4): Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** As tolerated with crutches, with goal of discontinuing crutches by 10 days (may be modified if meniscus repair/transplant or articular cartilage surgery performed at time of ACL)
- **Hinged Knee Brace:**
  - Locked in full extension for ambulation and sleeping (weeks 0-2)
    - i. **Only unlock when cleared by practice**
- **Range of Motion:** AAROM → AROM as tolerated
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, non-weightbearing Gastroc/Soleus stretching, straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase II (Weeks 4 – 6)

- **Weightbearing:** As tolerated, unassisted
- **Hinged Knee Brace:** Discontinue once full extension achieved with no evidence of extension lag
- **Range of Motion:** Maintain full knee extension, work on progressive knee flexion
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, closed chain extension exercises, hamstring curls, toe raises, balance exercises, progress to weightbearing Gastroc/Soleus stretch
  - Begin use of the stationary bicycle
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase III (Weeks 6 – 16)

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance closed chain strengthening exercises and proprioception activities
  - Begin use of the Stairmaster/Elliptical at **8 weeks**
  - Straight ahead running permitted at **12 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase IV (Weeks 16 – 24): Gradual return to athletic activity

- **16 weeks:** begin jumping; single leg exercises and plyometrics
- **24 weeks:** consider **functional sports assessment**; advance to sprinting, backward running, cutting/pivoting/changing direction

### Phase V (>8 months): Gradual return to athletic activity

- Gradual return to sports participation after completion of functional sports assessment - **at 9 months**
- Encourage maintenance program based off functional sports assessment

Signature: \_\_\_\_\_

Date: \_\_\_\_\_