



**Physical Therapy Prescription – ACL Reconstruction with Patellar Tendon Autograft w/ Meniscal Repair**

**Diagnosis:** R / L ACL BPTB / HS /allo, and medial / lateral meniscus repair

**Date of Procedure:** \_\_\_\_\_

**Frequency:** 2-3 Times Per Week for \_\_\_\_ weeks

**Weeks 0-6:** *period of protection, decrease edema, activate quadriceps*

- **Weightbearing:**
  - o Weeks 0-2: toe-touch weight bearing
  - o Weeks 2-4: advance to 50% weight bearing in brace with crutches
  - o Weeks 4-6: progress to full weight-bearing in brace, wean off crutches
- **Hinged Knee Brace:**
  - o Weeks 0-2: locked in full extension for ambulation and sleeping
  - o Weeks 2-6: unlocked (0-90) for ambulation, remove while sleeping
- **Range of Motion: AAROM → AROM as tolerated with therapist; no weight bearing with knee flexion angles greater than 90 degrees**
- **Therapeutic Exercises:** patellar mobilization, quad/hamstring sets, heel slides, gastric/soleus stretching, straight leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**Weeks 6-16:**

- **Weightbearing:** full, painless
- **Hinged Knee Brace:** discontinue at 6 weeks if quad control adequate
- **Range of Motion:** full, painless
- **Therapeutic Exercises:** advance closed chain strengthening exercises and proprioception activities to include Stairmaster/elliptical at **8 weeks**, straight ahead linear running at **12 weeks** with Alter-G progression, swimming at **16 weeks**
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**Weeks 16-24:**

- Gradual return to athletic activity
- **Therapeutic Exercises:**
  - o **16 weeks:** begin jumping
  - o **20 weeks:** advance to sprinting, backward running, cutting/pivoting/changing direction
  - o **24 weeks:** consider functional sports assessment
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**>6 months:** gradual return to sports, maintenance program