

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute
Physical Therapy Prescription

Diagnosis: ACL reconstruction /Meniscus Repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 WEEKS)

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Brace/Crutches at all times

WB STATUS__non weight bearing if meniscus repaired

Passive/Active ROM

Straight leg raise

Quadriceps isometrics

Patella mobilizations

PHASE I (2-6 WEEKS)

GOALS:

ROM to 90 deg

Healing of ACL/meniscus

Quadriceps control

Good patella mobility

EXERCISES RESTRICTIONS:

Brace/Crutches at all times

Do not go past 90 degrees

WB STATUS non weight bearing if meniscus repaired x *** weeks

Patella mobilizations

Active/passive/AAROM

Straight leg raise

Quad isometrics

Modalities OK

Home exercise program

PHASE II (6-12 WEEKS)

GOALS:

ROM to normal

Normal patellar mobility

Restore normal gait

Ascent stairs with good control

Return to normal ADL

EXERCISES/RESTRICTIONS:

AAROM exercises

Leg press-0-90 deg arc

Step-up/Step-down

Lunges/Squats

Proprioception/balance program

UCSF Orthopaedic Institute

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Hip/CORE program
Straight leg raise
Stair master/elliptical
Modalities OK
Home exercise program

PHASE III (12-20 WEEKS)

GOALS:

Descend stairs with good control
Improve flexibility
Running at 4 months

EXERCISES/RESTRICTIONS:

Progress squat program
Advance quad/hamstring program
Proprioception training
Agility exercises
Elliptical
Modalities
Home exercise program

PHASE IV (>20 WEEKS):

GOALS:

Sport specific activity
Return to competitive activities at 9 months

EXERCISES/RESTRICTIONS:

Continue LE strengthening/flexibility
Forward running (per MD)
Brace for sports (per MD)

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