

# UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute  
Physical Therapy Prescription

Diagnosis: ACL reconstruction (no 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\_\_TTWB

Passive/Active ROM

Straight leg raise

Quadriceps isometrics

Patella mobilizations

## PHASE I (2-6 WEEKS)

### GOALS:

ROM to full

Healing of ACL

Quadriceps control

Good patella mobility

### EXERCISES RESTRICTIONS:

Brace at all times, unlock when good quad control

Wean from crutches

WB STATUS WBAT

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

Hip/CORE program

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## UCSF Orthopaedic Institute

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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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