

# PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

## ACL INSUFFICIENCY PHYSICAL THERAPY

**Side:**  Right  Left  Bilateral

### RECOVERY / RECUPERATION

- Restore ROM
- Quadriceps Isometrics, Quadriceps Isotonics 90°– 30° arc
- PWB - FWB
- 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
- Patellar mobilization

### 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° – 140°

### 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

**Frequency & Duration:**  1-2  2-3 x/week for \_\_\_\_\_ weeks \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**