



IAN BARRETT, MD
 ORTHOPEDIC SURGERY
 SPORTS MEDICINE

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ACL RECONSTRUCTION + MENISCUS REPAIR

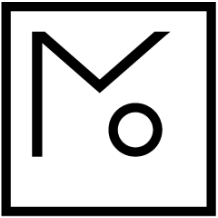
Name: _____ **Phone #:** _____ **DOB:** _____

Dx/ICD-10: _____ **Date of Sx:** _____

Frequency: 1-2 x per Week

Duration: 7-9 Weeks

	Brace	Weight Bearing	Range of Motion	Strengthening / Exercise	Appt
Week 1	Upright: Locked in full extension In Bed: Locked in full extension At Rest: Unlock or remove W/ PT or Hygiene: Unlock or remove	0% (No weight bearing)	AROM: 0-90° PROM: 0-90°	Heel Slides, Patella Mobilization, SLR. Focus on achieving full extension. Minimize pain	Day 3 Wound Check
Week 2	Upright: Locked in full extension In Bed: Unlocked @ 0-90° At Rest: Unlock or remove W/ PT or Hygiene: Unlock or remove	20% (Leg locked in extension) w/crutches	AROM: 0-90° PROM: 0-90°	Heel Slides, Patella Mobilization, SLR. Focus on achieving full extension. Minimize pain.	Day 14 Suture Removal
Week 3	Upright: Locked in full extension In Bed: None At Rest: None W/ PT or Hygiene: None	100% w/ leg locked in extension	AROM: Full PROM: Full	Heel Slides, Patella Mobilization, SLR. Focus on achieving full extension	
Week 4	Upright: Locked in full extension In Bed: None At Rest: None W/ PT or Hygiene: None	100% w/ leg locked in extension	AROM: Full PROM: Full	Heel Slides, Patella Mobilization, SLR. Focus on achieving full extension	End of week 4 ROM check
Week 5	Upright: Unlocked @ 0-60° In Bed: None At Rest: None W/ PT or Hygiene: None	100% brace unlocked 0-60 (allows for normal gait)	AROM: Full PROM: Full	Incorporate mini squats (60 degrees max), weight shifts, step-up program	
Week 6	Upright: Unlocked @ 0-60° In Bed: None At Rest: None W/ PT or Hygiene: None	100% brace unlocked 0-90	AROM: Full PROM: Full	Incorporate stationary bike, closed-chain extensions exercise	End of Week 6 - **D/C Brace Decision



MODERN ORTHOPEDICS

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Week 7	Brace Discontinued**	100% - no brace if quad strength sufficient	AROM: Full PROM: Full	Progressive squats, step-down program. No weight bearing below 90 degrees flexion	
Week 8	Brace Discontinued**	100% - no brace if quad strength sufficient	AROM: Full PROM: Full	Advance program. No weight bearing below 90 degrees flexion	
Week 9	Brace Discontinued**	Weightbearing as tolerated without brace	AROM: Full PROM: Full	No restriction on ROM with weightbearing. Gradual increase from body weight	Progress Check w. PT

** Decision to discontinue brace is based on ability of the patient to control their knee, prevent valgus collapsing moment

Week 12: May initiate jogging program, single leg exercise

Week 14: Sport specific exercise, single leg lifting exercise

Modalities/Other: _____

Signature: _____

Date: _____