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Patient Name:

Date:

Date of Surgery:

**Knee Arthroscopy Rehabilitation:
ACL Reconstruction w/o meniscal repair**

1-6 Weeks

- Initially ambulate with brace locked at 0°
- WBAT
- Progress R.O.M. 0-120°. Passive terminal extension (40° - 0°).
- Quadriceps re-education (electrical stim, biofeedback).
- Leg press in 90° - 40° arc - start with eccentrics.
- Hamstring and hip progressive resistance exercises.
- Isometrics at 90° / Straight leg raises
- Patellar mobilization
- Short crank bicycle ergometry
- Cryotherapy
- Goals: 90° flexion by end week 1
 - 110° flexion by end week 2
- Brace unlocked for PT @ 2 weeks, unlocked indoors @ 3 weeks only if good quad control, locked outdoors
- Brace removed for PT @ 3 weeks, removed completely @ 4 weeks if good quad control

6-12 Weeks

- All exercises from earlier protocol apply plus the following:
- Begin squat/step program
- Begin proprioception program
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Continue closed chain quadriceps strengthening in full arc (leg press, wall slides)
- Begin retro program
- Nordic track

12-24 Weeks

- All exercises from earlier protocol apply plus the following:
- Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- Begin running program at 12 weeks if quad control allows

24 Weeks

- Full arc progressive resistance exercises - emphasize quads
- Agility drills *Plyometrics
- Advanced functional exercises *KT-1000 test if available
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second

DURATION: 2x/week x 12 weeks

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD