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**Physical Therapy Prescription – ACL Reconstruction with Quadriceps Tendon Autograft**

**Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_ **Procedure:** R / L ACL Reconstruction with quadriceps tendon autograft  
**Frequency:** 2-3 times per week for 6 weeks

**PHASE I (Weeks 0 – 4):** Period of protection, decrease edema, activate quadriceps, perfect range of motion

- **Weight Bearing:** As tolerated with crutches, with goal of discontinuing crutches by 10 days (may be modified if meniscus repair/transplant or articular cartilage surgery performed at time of ACLR)
- **Hinged Knee Brace:** Locked in full extension for ambulation and sleeping, discontinue when good quad control
- **Range of Motion:** AAROM→AROM as tolerated
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, non-weight bearing Gastroc/Soleus stretching, straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**PHASE II (Weeks 4 – 6)**

- **Weight Bearing:** As tolerated, unassisted
- **Hinged Knee Brace:** Discontinue once full extension achieved with no evidence of extension lag, good quad control
- **Range of Motion:** Maintain full knee extension, work on progressive knee flexion
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, closed chain extension exercises, hamstring curls, toe raises, balance exercises, progress to weight bearing Gastroc/Soleus stretch
  - Begin use of the stationary bicycle
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase III (Weeks 6 – 16)**

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance closed chain strengthening exercises and proprioception activities
  - Begin use of the Stairmaster/Elliptical at **8 weeks**
  - Straight ahead running permitted at **12 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase IV (Weeks 16 – 24):** Gradual return to athletic activity

- **16 weeks:** begin jumping
- **20 weeks:** advance to sprinting, backward running, cutting/pivoting/changing direction
- **24 weeks:** consider **functional sports assessment**

**Phase V (>6 months):** Gradual return to athletic activity

- Gradual return to sports participation after completion of functional sports assessment
- Encourage maintenance program based off functional sports assessment

Signature \_\_\_\_\_

Date \_\_\_\_\_