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CENTER FOR  
**Advanced Orthopedics**  
AND SPORTS MEDICINE



## Physical Therapy Prescription – ACL reconstruction Allograft

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** R / L Knee PCL reconstruction **Date of Surgery:** \_\_\_\_\_

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks

**\*\*Special Consideration:** may be modified if posterolateral corner reconstruction, meniscus repair, or articular cartilage repair performed with PCL

**PHASE I (week 0-6):** Protection, decrease swelling, activate quadriceps muscle

**Hinged Knee Brace:**

- **Weeks 0-2:** Locked in full extension for ambulation and sleeping (remove for PT)
- **Weeks 2-4:** Locked in full extension for ambulation, remove for sleeping
- **Weeks 4-6:** Unlock at 0-90° for gait training/exercises
- **Range of Motion:** None week 0-1; then initiate PROM only with goal of 90° of passive flexion by week 6 – take care to prevent posterior sagging during ROM exercises
- **Therapeutic Exercises:** calf pumps, gentle patellar mobs, quad sets, SLR in brace locked in extension, standing hip extension, hamstring/calf stretching
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**PHASE II (week 6-12):**

**Weightbearing:** Full, wean crutches as able

- **Hinged Knee Brace:** Unlock for all activities; discontinue completely at week 8 if good quad control
- **Range of Motion:** Progress to AROM, progress to full ROM by week 12
- **Therapeutic Exercises:** Advance Phase I exercises, advance floor-based core/glute exercises; SLR without brace if good quad control, increase closed chain activities 0-60° by week 8 and 0-90° by week 12 (wallslides, mini-squats, leg press), initiate balance and proprioception exercises
  - o Begin gentle stationary bicycle at 8 weeks
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**PHASE IV (Month 4-6):**

Advance Phase III exercises; maximize single leg dynamic and static balance and strength; initiate light plyometrics; begin jumping at 16 weeks; advance to sprinting, cutting, and pivoting at 20 weeks

**PHASE V (Month 6+):** Gradual return to sport

- Gradual return to sports participation after completion of functional sports assessment
- Encourage maintenance program based off functional sports assessment
- Return to sport-specific activity and impact when cleared by MD at 6+ months postop

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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