

Name _____
 Therapist _____
 Physician _____



**Patient
Flow Sheet**

proaxistherapy™

ACL Reconstruction

**Brace locked in extension x 5-7 days (locked at -10° hyperextension if extension lag). Then unlocked 0°-90° x 4 weeks.
 Sleep with brace locked in extension ~ 2 weeks or until symmetrical active extension is achieved.
 WBAT with 2 crutches. Wean from crutches in ~3 weeks if pain/swelling controlled and good quad activation**

Phase 1 – MOTION AND MOBILITY/GRAFT PROTECTION

Weeks 1-6

Patellar tendon and patellar complex mobilization emphasized for at least the first 6-8 weeks
 Flexion and extension ROM with emphasis on symmetrical active hyperextension.
 Quad sets and SLR (with NMES, biofeedback)
 Open- and closed-chain terminal knee extension (TKE)
 Open-chain hip strengthening

Bike for motion starting at 1-2 weeks
 Double-leg shuttle leg press for muscle activation no earlier than 4 weeks (0-60°)
 *Avoid squatting on an acutely inflamed knee.

Phase 2 – ENDURANCE

Week 7-12

Ensure full extension is maintained as closed-chain activities progress
 Squat progression, including double and single leg squats with sport cord
 Bridge, lunge and step-up progressions
 Balance progression
 Bike for cardiovascular fitness/quad endurance
 Progress from double-leg to single-leg activities; from stable to unstable surfaces
 Gradual initiation of frontal plane exercise

Phase 3 – STRENGTH

Week 13-20

Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
 Initiate squat jump progression from shuttle to gravity dependent position
 Advance plyometrics from bilateral to unilateral as pt demonstrates knee control
 Emphasize deceleration and eccentric control
 *Pass sport cord test around 5 months to allow advanced agility progression to begin.

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 20+

Sport-specific movement patterns practiced in supervised and controlled environment
 Graded re-integration into sport activities

Return to Activities

Running Between 3-4 months when functional criteria met
 Golf Short irons at 4 months, full swing w/long irons at 5 months. Delay 4-6 weeks if lead leg
 Pivoting/cutting sport When functional criteria are met and cleared by surgeon, typically 6 months at the earliest

Surgeon Comments: