



Mid-America Orthopedics

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1923 N. Webb Rd, Wichita, KS 67206 – (316) 630-9300

Patient Name: _____

Date: _____

Diagnosis: ACL Insufficiency Rehabilitation Protocol

Side: Right/Left

RECOVERY / RECUPERATION PHASE:

- * Restore ROM
- * Quad isometrics. Quad isotonic in 90° - 30° arc
- * PWB - FWB
- * Leg lifts with/without weights
- * Hip/hamstring PRE's
- * Stationary biking
- * Closed chain activities: BAPS, half squats, step-ups, leg press, NordicTrack
- * Balancing for joint stability
- * Patellar mobilization

LIMITED RETURN TO SPORTS PHASE:

- * Progress endurance activities
- * Begin agility exercises
- * Begin running program
- * Continue with Stairmaster, Versiclimber, etc.
- * Continue with quad isometrics, isotonic, eccentrics - full arc
- * Isokinetic test
- * Limited return to sports with brace.

FULL RETURN TO SPORTS PHASE:

- * Begin aggressive functional exercises
- * Progress running program
- * Continue / progress agility exercises
- * Stress activities that demand neuromuscular control over knee and lower extremities
- * Plyometrics

COMMENTS: _____

Physician's Signature: _____

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