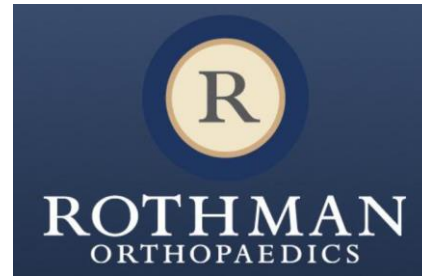


Brandon J. Erickson, MD
 Montanna Casey, ATC
 Mackenzie Lindeman, ATC
 Terry Lin, PA-C
 645 Madison Ave New York, NY
 200 White Plains Rd 4th Floor Tarrytown, NY
 450 Mamaroneck Ave Suite 200 Harrison, NY
 Phone: 914-580-9624
 Montanna.Casey@rothmanortho.com
 Mackenzie.Lindeman@rothmanortho.com
 Terry.Lin@rothmanortho.com
 www.brandonericksonmd.com



Non-Operative ACL Treatment Physical Therapy Protocol/Prescription

Name _____

Diagnosis RIGHT/LEFT ACL Tear Medial/Lateral Meniscal Tear MCL Tear LCL Tear

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

RECOVERY / RECUPERATION

- Restore ROM
- Quadriceps Isometrics. Quadricep Isotonics 90 deg – 30 deg arc
- PWB - FWB
- Leg lifts with / without weights
- Hamstring / Hip PRE's
- Stationary biking
- Closed Chain activities: BAPS, half squats, step-ups, leg press, Nordic track
- Balancing for joint stability
- Patellar mobilization

LIMITED RETURN TO SPORTS PHASE (not for patients who will undergo ACLR)

- Progress endurance activities
- Begin agility exercises
- Begin running program
- Continue with Stairmaster, Versiclimber, etc.
- Continue with Quadriceps Isometrics, Isotonics, Eccentrics – full arc
- Isokinetic test
- Limited return to sports with brace. Brace: 10 deg – 140 deg

FULL RETURN TO SPORTS PHASE (not for patients who will undergo ACLR)

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

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before

Ice after Trigger points massage Therapist's discretion

Signature _____ Date _____