

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

ACL INSUFFICIENCY NON-OPERATIVE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: ACL Insufficiency / Tear

- GOALS:**
- 1) RECOVERY / RECUPERATION FROM INITIAL INJURY
 - 2) RESTORE NORMAL RANGE OF MOTION
 - 3) MINIMIZE INFLAMMATION AND EFFUSION
 - 4) IMPROVE STRENGTH IN AN ATTEMPT TO RETURN TO NON-CUTTING SPORTS WITHOUT SURGERY

PHASE 1: RECOVERY / RECUPERATION (APPROX 4-6 WEEKS)

- ___ Restore ROM
- ___ Quadriceps Isometrics. Quadricep Isotonics 90° – 30° 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

PHASE 2: LIMITED RETURN TO SPORTS PHASE (4-6 WEEKS)

- ___ 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° – 140°

PHASE 3: FULL RETURN TO SPORTS PHASE (APPROX 3 MONTHS POST INJURY)

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