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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 PRE-OPERATIVE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: ACL Insufficiency / Tear

DATE OF INJURY: _____ APPROXIMATE DATE OF SURGERY:

- GOALS:**
- 1) RECOVERY / RECUPERATION FROM INITIAL INJURY
 - 2) RESTORE NORMAL RANGE OF MOTION
 - 3) MINIMIZE INFLAMMATION AND EFFUSION
 - 4) IMPROVE PREOPERATIVE STRENGTH

- ___ 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