

UCLA OUTPATIENT REHABILITATION SERVICES	
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Place label here	
NAME OF PATIENT: _____	
MRN: _____	

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
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**MULTILIGAMENT KNEE RECONSTRUCTION PHYSICAL THERAPY
 PRESCRIPTION**

**Diagnosis: s/p (LEFT / RIGHT) Multiligament Reconstruction (ACL / PCL / MCL /
 LCL / PLC)**

Surgery Date: _____

WEEKS 1-6:

- ___ Ambulate TTWB with Bledsoe Brace locked @ 0° extension
- ___ Avoid Valgus Loads to Knee for first 6 weeks
- ___ Limit ROM 0° - 90 for first 6 weeks ** LIMIT TO 50 CYCLES FLEX/EXT PER DAY

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- ___ Hip PRE'S
- ___ Quadriceps Re-education (E-stim, Biofeedback)
- ___ Active Extension 0° - 70
- ___ Passive Flexion 0° - 90
- ___ Patellar Mobilization
- ___ Cryotherapy
- ___ Continue w/ Home Exercise Program

WEEKS 6-8:

- ___ Progress to FWB w/ Brace set 0 - 90 and crutches
- ___ Discontinue crutches when gait is not antalgic

- ___ Ambulation training in Aquatrex
- ___ Progress to full ROM
- ___ Begin Active flexion Isometrics, Isotonics, 0 - 90: CLOSED CHAIN
- ___ Leg Press in 90 - 0 arc
- ___ Multiple angle Quadriceps Isometrics, 90 - 0
- ___ Calf raises
- ___ Bicycle ergometer
- ___ LIDO exercises: Isometrics, Active Extension / Passive Flexion, Concentric / Eccentric Quadriceps
- ___ Begin Quadriceps Isotonics 0 - 70 (distal pad), Eccentric first
- ___ KT-1000 test @ 6 weeks
- ___ Brace change @ 6 weeks

WEEKS 8-12:

- ___ Restore normal gait
- ___ Begin squat / step program
- ___ Proximal musculature PRE's
- ___ Begin Proprioception program
- ___ Quadriceps Isotonics (knee extension) 0 - 90 (distal pad)
- ___ Begin Retro program
- ___ LIDO exercises: Isotonics, Quadriceps Eccentrics
- ___ Nordic track

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WEEKS 12-20:

- ___ Restore full ROM
- ___ Continue Proximal musculature PRE's
- ___ Quadriceps Isotonics (knee extension) in full arc
- ___ Begin functional exercise program
- ___ Progress endurance activities
- ___ Maintain / Improve flexibility in lower extremities
- ___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum, Quadriceps Eccentrics in 0 - 90 arc
- ___ Stairmaster / Versaclimber
- ___ KT-1000 test @ 3 months

WEEKS 20-28:

- ___ Full arc PRE's to restore strength, emphasizing quadriceps
- ___ Agility drills
- ___ Continue functional exercises
- ___ Begin running program
- ___ LIDO exercises: Full arc Quadriceps Isokinetics in progressive velocity spectrum
- ___ Functional test assessment @ 24 weeks
- ___ KT-1000 test @ 24 weeks
- ___ Return to limited sporting activities

WEEKS 28-40:

- ___ Restore strength, function, endurance, and agility of lower extremity
- ___ Isokinetic test at 60/second, 180/second, 240/second
- ___ Progress running program
- ___ Functional test assessment @ 24 weeks
- ___ Return to full activity

Treatment: _____ times per week **Duration:** _____ weeks ___ Home Program

**Please send progress notes.

Physician's Signature: _____ **Date:** _____
Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon