

Kevin H. Higashigawa, MD
Orthopedic Surgery and Sports Medicine
Windward Orthopaedic Group, Inc.
Kailua: 808-261-4658
Kaneohe: 808-235-6474

Patient Name:

Date of Surgery:

PHYSICAL THERAPY PRESCRIPTION:

Phase I (0-2 Weeks Post-op):

- Knee Brace locked in extension for the first 7 days
- Progressive weight-bearing to Full
- Gait training
 - With locked brace for first 7 days
 - Without brace after 7 days (if demonstrates active Quad Control)
- Prevent Quad shutdown
 - E-stim
 - Biofeedback
 - Isometric Quad sets
 - Straight leg raises
- Achieve and maintain full extension
 - Teach prone hangs
- Progressive flexion
- Patellar Mobilization
- Ankle Pumps

Phase II (3-4 Weeks Post-op):

- Maintain extension
- Achieve 100-120 degrees flexion
- Closed chain exercises only
 - Partial squats
 - Wall slides
 - Toe raises
- Cycling
- Elliptical machine

Phase III (4-16 Weeks Post-op):

- Achieve Full Flexion (by 6 weeks)
- Continue Strengthening, progressive resistive exercises (Closed Chain Only)
- Leg Press to 90 degrees only
- Proprioception training

Phase IV (4-6 Months Post-op):

- Introduce jogging program
- Running program after jogging program complete
- Endurance training

Phase V (6 Months Post-op):

- Sport specific agility drills
- Ok for open-chain exercises

Phase VI (7 mos-1 year Post-op):

- Return to sports (Clearance to be given only by Dr. Higashigawa)
- MINIMUM Criteria for return to sports:
 - Pain-free Full ROM
 - No effusion
 - Completed Running program
 - 80% Quadriceps strength compared to opposite leg
 - 80% Hamstrings strength compared to opposite leg