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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Anterior Cruciate Ligament Iliotibial Band over the Top

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: TTWB with brace locked in extension and crutches
- ROM: as tolerated
- Brace: 0-90 deg degrees except when weight bearing; locked in extension while sleeping
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase II: 2-6 weeks

- WB status: TTWB
- ROM: 2-4 weeks: 2-6 weeks: progress to full
- Brace: locked in extension while sleeping and use while partial WB
- Exercises: Phase I + toe raises, balance exercises, stationary bike, hip/glutes/core
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase III: 6-12 weeks

- WB status: Full without brace
- ROM: progress towards full
- Brace: wean off
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks

Phase IV: 3-9 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + advance closed chain exercises, progressive proprioception exercises, stairmaster, elliptical
 - o 4 mo: begin jogging straight ahead, 5 mo: begin jumping
 - o 6-7 mo: advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport specific drills
 - o 9 mo: advance as tolerated; **strength evaluation, single hop testing, psychological readiness testing**

Phase V: 9-12 mo

- Gradual return to sports