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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Anterior Cruciate Ligament Revision Stage I Bone Grafting

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: WBAT with brace and crutches
- ROM: full
- Brace: 0-90 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
- Bone stimulator

Phase II: 2-6 weeks

- WB status: WBAT
- ROM: full
- Brace: unlocked except when weight bearing as above
- Exercises: Phase I + toe raises, balance exercises, stationary bike, hip/glutes/core
- Keep pillow under heel to maintain full extension while sleeping / resting
- Bone stimulator

Phase III: 6-12 weeks

- WB status: Full
- ROM: full
- Brace: when ambulating
- Exercise: Phase II + close chain quads, hamstring curls. "ACL prehab"
- Bone stimulator

Stage II will generally take place around 6 months. A CT scan will be obtained to confirm bone graft incorporation.