



Xinning Li, M.D.



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

**Assistant Professor
Sports Medicine and Shoulder Surgery
Boston University School of Medicine – Boston Medical Center
Boston University Athletics – Team Physician
725 Albany Street – 4th Floor
Boston, MA 02118
(617) 638-5633 (Telephone – Shapiro Office)
(617) 638-3400 (Telephone – Ryan Center)
(617) 414-5226 (Fax)
www.xinningli.com**

Patient Name:

Date:

Diagnosis: (LEFT / RIGHT) MULTILIGAMENT RECONSTRUCTION (ACL / PCL / MCL / LCL / PLC)

MULTILIGAMENT RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION

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 **
- ___ 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

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

**Please send progress notes.

Physician's Signature: _____

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Attending Orthopaedic Surgeon – Boston University School of Medicine