

# KANSAS JOINT & SPINE SPECIALISTS

EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

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**Patient Name:** \_\_\_\_\_

**Diagnosis:** ACL Insufficiency Rehabilitation Protocol

**Date:** \_\_\_\_\_

**Side:** Right/Left

## **RECOVERY / RECUPERATION PHASE:**

- \* Restore ROM
- \* Quad isometrics. Quad isotonics in 90° - 30° arc
- \* PWB - FWB
- \* Leg lifts with/without weights
- \* Hip/hamstring PRE's
- \* Stationary biking
- \* Closed chain activities: BAPS, half squats, step-ups, leg press, NordicTrack
- \* Balancing for joint stability
- \* Patellar mobilization

## **LIMITED RETURN TO SPORTS PHASE:**

- \* Progress endurance activities
- \* Begin agility exercises
- \* Begin running program
- \* Continue with Stairmaster, Versiclimber, etc.
- \* Continue with quad isometrics, isotonics, eccentrics - full arc
- \* Isokinetic test
- \* Limited return to sports with brace.

## **FULL RETURN TO SPORTS PHASE:**

- \* Begin aggressive functional exercises
- \* Progress running program
- \* Continue / progress agility exercises
- \* Stress activities that demand neuromuscular control over knee and lower extremities\*  
Plyometrics

**COMMENTS:** \_\_\_\_\_

**Physician's Signature:** \_\_\_\_\_

**Ryan W. Livermore, M.D.**

