ACL RECONSTRUCTION PROTOCOL FOLLOWING 2ND POST-OP VISIT

At today's appointment you will receive three separate physical therapy and rehabilitation prescriptions as well as one prescription for a "leg" sleeve for each side.

1. **Physical Therapy**
    a. Prescription for 2-3 visits/week until 6 months out from surgery.
    b. Physical therapy may extend beyond 6 months if necessary.
    c. E-mail colepa@rushortho.com if a new prescription is needed.
2. **Plyo Prep Screen: One time visit at MOR Sports Performance Center (16 wks post-op)**
    a. Using motion analysis and functional screening tools, this assessment provides a thorough evaluation identifying common risk factors for injury.
3. **Lower Body Functional Assessment (FSA): One time visit at MOR Sports Performance Center (22+ wks post-op)**
    a. Using motion analysis, this assessment identifies injury risk factors through multiple dynamic tasks and provides an in-depth analysis of your strengths and a breakdown of injury risk. The Lower Body Functional Assessment uses this analysis to customize programming that addresses strength and mobility issues causing mechanical breakdown that inhibits optimal performance.

The Plyo Prep Screen and Lower Body Functional Assessment will be completed at a Midwest Orthopaedics at Rush Sports Performance Center in Bensenville

- Call our Sports Performance Center at 708-492-5782 for location information and to schedule your assessments. You can also scan the QR code below.

You will also receive a prescription for T:25 ACL Tubes

- The ACL tubes can be picked up directly from our DME store on the first floor following today's visit.
- ACL tubes are sleeves worn above the knee on both legs during activities such as exercise and physical therapy.
- They provide stabilization and quad stimulation to facilitate a smoother recovery and return to play.

<u>Follow-up</u>

- Follow-up as needed.
- Return to sport decisions will be managed by email after your lower body assessment.
- Email colepa@rushortho.com with questions/concerns.
- At any point, if you wish to be seen in person, please indicate that in your communication.

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