



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 location (16 weeks post-op)**
 - a. Using motion analysis and functional screening tools, this assessment provides a thorough evaluation identifying common risk factors for injury.
 - b. Price: \$95/single assessment that will not be covered by insurance. This \$95 will be applied to the cost of your Lower Body Assessment.
3. **Lower Body Functional Assessment (FSA): one time visit at MOR sports performance location (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.
 - b. Price: \$295/single assessment that will not be covered by insurance. If Plyo Prep Screen is done, the Lower Body Assessment price will be lowered to \$200.

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

- Call our Sports Performance Center at 708-492-5782 for location information and to schedule your assessments.

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.

Follow up

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

SCAN THE QR CODE TO SCHEDULE YOUR SPORTS PERFORMANCE SESSIONS

