

K STREET/DOWNTOWN

Phone: 202-833-1147

Fax: 202-296-2515

2021 K St NW, Suite 516

Washington, DC 20006

CHEVY CHASE

Phone: 301-657-1996

Fax: 301-951-6160

5454 Wisconsin Ave

Suite 1000

Chevy Chase, MD 20815

SIBLEY

Phone: 202-787-5601

Fax: 202-787-5606

5215 Loughboro Rd NW

Suite 200

Washington, DC 20016

PHASE III: Months 4-6

JOINT TESTING: KT 1000 testing at weeks 20 and 24 (20# force level)

STRENGTH TESTING: 90° to 30° isokinetic testing at 4 months

Test speeds 90°, 180°, 360° per second

Testing continues monthly until torque per body weight goals per age group are met

EXERCISES: Continue strengthening program as outlined

May begin running forward and backward at month 5

PHASE IV: Months 6 - 10

JOINT TESTING: Continue KT 1000 testing monthly to 12 months

May begin 30# testing at month 6

STRENGTH TESTING: Continue testing monthly until goals met

BRACING: Functional brace if previously fit and/or indicated

EXERCISES:

Continue PRE strength program

May begin plyometric program as tolerated

May begin cutting program at month 7, pending KT 1000 status

Begin sports specific functional progression at month 7

Return to sports when:

- 1) torque to body weight ratio at 90%
- 2) completion of functional progression
- 3) 9-12 months post-operatively

Please send progress notes

Physician: _____ Signature: _____

