



## Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **ACL TEAR 'PREHAB'**

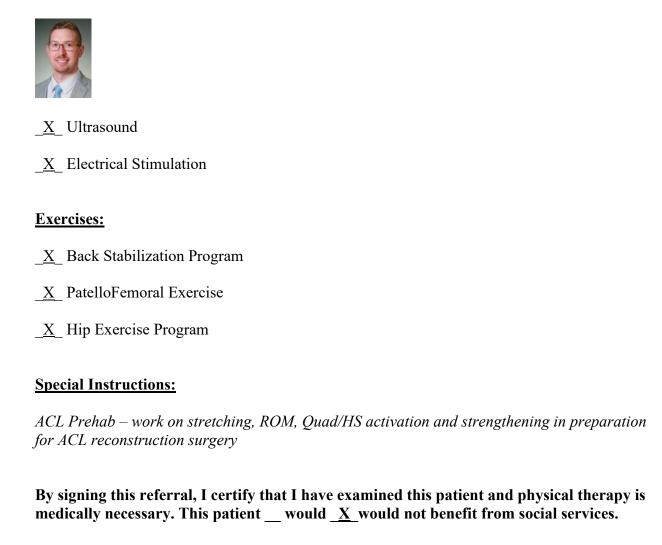
## PRE-SURGICAL PHYSICAL THERAPY PROTOCOL

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| Patient Name:                                 | <u>Date</u> :                               |
|---|---|
| X Evaluate and Treat  Frequency: 2-3 x/week x | X Provide patient with home program 4 weeks |
| <b>Modalities:</b>                            |   |
| X Phonophoresis with 0.05% Fluocinonide       |   |
| X Iontophoresis with 4mg/ml Dexamethason      | ne e  |



Bryan M. Saltzman, MD