ACL Reconstruction with Allograft

Name:		
Dr:	Date:	

ROM RESTICTIONS

Full passive motion

BRACE SETTINGS

Immobilizer x 2 wks.

Weight Bearing status

Weightbearing as tolerated

TIME LINES

Week 1(1-7POD) Week 2(8-14POD) Week 3(15-21POD) Week 4(22-28POD)

Dr:					Da	ate:								
●= Do exercise for that week	Week													
Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	•	•	•	•	•	•	•	•						
Flexion/Extension – seated	•	•	•	•	•	•	•	•						
Patella/Tendon mobilization	•	•	•	•	•	•	•	•						
Extension mobilization	•	•	•	•	•	•	•	•						
Quad series	•	•	•	•	•	•	•	•						
Hamstring	•	•	•	•	•	•	•	•						
Sit and reach for hamstrings - gentle	•	•	•	•	•	•	•	•						
Ankle pumps	•	•	•	•	•	•	•	•	•					
Toe and heel raises			•	•	•	•	•	•						
Balance series			•	•	•	•	•	•	•	•	•	•	•	•
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	•	•	•	•	•	•	•	•						
Bike with both legs – no resistance		•	•	•	•	•	•	•	•					
Bike with both legs - resistance							•	•	•	•	•	•	•	•
Aquajogging								•	•	•	•	•	•	•
Treadmill – walking 7% incline									•	•	•	•	•	•
Swimming with fins									•	•	•	•	•	•
Elliptical trainer											•	•	•	•
Rowing											•	•	•	•
Stair stepper												•	•	•
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends							•	•	•	•	•	•	•	
Double leg bridges							•	•	•	•				
Reverse lunge – static hold							•	•	•	•				
Beginning cord exercises							•	•	•	•	•			
Balance squats											•	•	•	•
Single leg deadlift											•	•	•	•
Leg press											•	•	•	•
Sports Test exercises													•	•
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression														•
Initial – single plane														•
Advance – multi directional														•
Functional sports test														•
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf														•
Outdoor biking, hiking, snowshoeing														•
Skiing, basketball, tennis, football, soccer														•