

Chondral Microfracture/ACL Reconstruction

Name: _____

Dr: Jonathan Frank MD

Date: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	8	9	10	12	16	20	24	30
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises							●	●	●	●	●	●		
Balance series							●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	8	9	10	12	16	20	24	30
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	8	9	10	12	16	20	24	30
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	8	9	10	12	16	20	24	30
Running progression														●
Initial – single plane														●
Advance – multi directional														●
Functional sports test														●
High Level Activities	1	2	3	4	5	6	8	9	10	12	16	20	24	30
Golf														●
Outdoor biking, hiking, snowshoeing														●
Skiing, basketball, tennis, football, soccer														●

ROM RESTRICTIONS

Full passive motion

CPM 8hrs x 6 wks 0-70

BRACE SETTINGS

Immobilizer Brace x4wks, then until no lag

Weight Bearing status

Non-weight bearing x 6 weeks

TIME LINES

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

Therapist Name: _____