

# ACL Reconstruction with Meniscus Repair

Pt  
Name: \_\_\_\_\_  
Dr: Alexander Strassman, DO

Date  
: \_\_\_\_\_

● = Do exercise for that week

**Week**

**ROM RESTRICTIONS**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BRACE SETTINGS**

**WB STATUS**

Partial weight bearing x 4 weeks

**TIME LINES**

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

<b>Initial Exercises</b>	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 sets							●	●							
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●							
Ankle pumps	●	●	●	●	●	●	●	●	●						
Toe and heel raises			●	●	●	●	●	●							
Balance series							●	●	●	●	●	●	●	●	
<b>Cardiovascular Exercises</b>	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									●	●	●	●	●	●	
Aqua-jogging									●	●	●	●	●	●	
Treadmill - walking 7% incline									●	●	●	●	●	●	
Swimming with fins									●	●	●	●	●	●	
Elliptical trainer											●	●	●	●	
Rowing											●	●	●	●	
Stair stepper												●	●	●	
<b>Weight Bearing Strength</b>	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 dead-lift										●	●	●	●	●	
Leg press										●	●	●	●	●	
Sports Test exercises											●	●	●	●	
<b>Agility Exercises</b>	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															●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf Progression													●	●	●
Outdoor biking, hiking, snowshoeing													●	●	●
Skiing, basketball, tennis, football, soccer															●

Therapist Name: \_\_\_\_\_

