

ACL Reconstruction

Pt Name: _____
 Dr: Alexander Strassman, DO

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Full passive motion

BRACE SETTINGS

Extension x 2 weeks, then fully unlocked x 1 more week

WB STATUS

Partial weight bearing x 2 weeks

TIME LINES

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

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 sets - Start gentle		●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
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							●	●	●	●	●	●	●	●
Aqua-jogging							●	●	●	●	●	●	●	●
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 dead-lift										●	●	●	●	●
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 Progression													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

Therapist Name: _____

