

ACL Bone-Tendon-Bone/Quadriceps Graft

Name: _____ Date: ____/____/____

• = Do exercise for that week/month

Week

Month

ROM Restrictions:	Initial Exercise	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	_____	Extension/flexion – wall slides	•	•	•	•	•	•	•	•					
_____	Extension/flexion – sitting	•	•	•	•	•	•	•	•						
_____	Extension/flexion – prone	•	•	•	•	•	•	•	•						
_____	Quad sets with straight leg raises	•	•	•	•	•	•								
_____	Hamstring sets	•	•	•	•	•	•								
_____	Patella/tendon mobs	•	•	•	•	•	•	•	•	•					
_____	Ankle pumps	•	•	•	•										
Brace Settings:	Sit and reach for hamstrings (towel)	•	•	•	•	•	•	•	•	•	•				
_____	Runners stretch for calf and achilles			•	•	•	•	•	•	•	•	•	•	•	•
_____	Stork stand for quadriceps			•	•	•	•	•	•	•	•	•	•	•	•
_____	Toe and heel raises		•	•	•	•	•								
_____	1/3 knee bends			•	•	•	•								
Weight Bearing Status:	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<ul style="list-style-type: none"> • Non WB • Touch down WB • Partial 30 percent WB • As tolerated WB • Full WB 	Bike with single leg/single leg rowing	•	•	•	•	•	•								
	Bike with both legs		•	•	•	•	•	•	•	•	•	•	•	•	•
	Aqua-jogging				•	•	•	•	•	•	•	•	•	•	•
	Treadmill-incline 7 to 12 percent								•	•	•	•	•	•	•
	Swimming with fins								•	•	•	•	•	•	•
	Elliptical trainer									•	•	•	•	•	•
	Rowing											•	•	•	
	StairMaster												•	•	•
Time Lines:	Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<ul style="list-style-type: none"> • Week 1 (1 to 7 POD) • Week 2 (8 to 14 POD) • Week 3 (15 to 21 POD) • Week 4 (22 to 28 POD) 	Double knee bends								•	•	•	•	•	•	•
	Carpet drags								•	•	•	•	•	•	•
	Gas pedal								•	•	•	•	•	•	•
	Forward/backward jogging											•	•	•	•
	Single knee bends											•	•	•	•
	Side to side lateral agility											•	•	•	•

Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											•	•	•	•
Advance												•	•	•
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees											•	•	•	•
Leg curls – don't hyperextend											•	•	•	•
Ab/adduction											•	•	•	•
Mini squats with bar												•	•	•
Balance squats												•	•	•
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking										•	•	•	•	•
Golf													•	•
Running													•	•
Skiing, basketball, tennis, football, soccer														•