

## ACL Allograft Reconstruction

Name: \_\_\_\_\_  
Dr: Emily Whicker, M.D.

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

● = Do exercise for that week

Week

### ROM RESTRICTIONS

Full range of motion

### BRACE SETTINGS

0-90 x 2 weeks then unlocked until carbon fiber brace

### Weight Bearing status

Weightbearing as tolerated

### T.E.D Hose

x 2 weeks

### TIMELINES

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

| Initial Exercises                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
|---------------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Patella/Tendon Mobilizations          | ● | ● | ● | ● | ● | ● |   |   |   |    |    |    |    |    |
| Flexion/Extension – Seated/Wall Slide | ● | ● | ● | ● | ● | ● |   |   |   |    |    |    |    |    |
| Extension Heel Prop                   | ● | ● | ● | ● | ● | ● |   |   |   |    |    |    |    |    |
| Quad Series (E-Stim, BFR)             | ● | ● | ● | ● | ● | ● |   |   |   |    |    |    |    |    |
| Hamstring Set                         | ● | ● |   |   |   |   |   |   |   |    |    |    |    |    |
| Calf Stretch with Strap               | ● | ● |   |   |   |   |   |   |   |    |    |    |    |    |
| Ankle pumps                           | ● | ● |   |   |   |   |   |   |   |    |    |    |    |    |
| Toe and Heel Raises                   | ● | ● |   |   |   |   |   |   |   |    |    |    |    |    |
| Weight Shifts & Crutch Walking        | ● | ● |   |   |   |   |   |   |   |    |    |    |    |    |
| Single Leg Balance                    | ● | ● | ● | ● | ● | ● |   |   |   |    |    |    |    |    |
| Cardiovascular Exercises              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Stationary Bike                       |   |   | ● | ● | ● | ● | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| Aqua Jogging                          |   |   |   | ● | ● | ● | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| Treadmill – Walking                   |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| Swimming with Fins                    |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| Elliptical/Rowing                     |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Weight Bearing Strength               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Leg Press – Double Leg                |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Squats – Double Leg                   |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Deadlifts – Double Leg                |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Heel Raises – Double Leg              |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Standing Hamstring Curl               |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Band Walking                          |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Isometric Wall Sit @ 90,60,45°        |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Bridging – Double Leg                 |   |   | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Leg Press – Single Leg                |   |   |   |   | ● | ● | ● | ● |   |    |    |    |    |    |
| Reverse Lunge Static Hold             |   |   |   |   | ● | ● | ● | ● |   |    |    |    |    |    |
| Deadlift – Single Leg                 |   |   |   |   | ● | ● | ● | ● |   |    |    |    |    |    |
| Ball & Single Leg Bridging            |   |   |   |   | ● | ● | ● | ● |   |    |    |    |    |    |
| Rear Leg Elevated Split Squat         |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Lunges – Walking & Slide Disc         |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Front Step Up                         |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Heel Raises – Single Leg              |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Side Planks                           |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Sliding Leg Curl – Double Leg         |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Advanced Balance Training             |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| Squat – Single Leg                    |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Front Step Down                       |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Single Leg Box Drives                 |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Single Leg Squat Y Excursions         |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| Sliding Leg Curl – Single Leg         |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| Nordic Hamstring Curls                |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |

### Recommended Criteria to Initiate Impact Activities & Running

Pain  $\leq$  2/10

Full Active Knee Extension

Knee flexion ROM  $\geq$  95% of Uninvolved Side

Quad LSI  $\geq$  70%  
HS LSI  $\geq$  70%

Quad/BW  $\geq$  60%

Functional Hop & Power Tests  
LSI  $\geq$  70%

IKDC  $\geq$  64%

### Recommended Criteria to Initiate Return to Sport

Quad LSI  $\geq$  90%  
HS LSI  $\geq$  100%

HS/QS  $\geq$  60%

Quad/BW  
Female:  $\geq$  80%  
Male:  $\geq$  85%

Functional Hop & Power Tests  
LSI  $\geq$  90%

Y-Balance  
Anterior Reach  
Distance  $\leq$  4 cm

IKDC  $\geq$  90%

ACL-RSI  $\geq$  60%

| Plyometrics                                                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25  |
|---------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|-----|
| Vertical Squat Jump – Double Leg                                    |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Horizontal Broad Jump – Double Leg                                  |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Lateral Jump – Double Leg                                           |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Vertical/Broad/Lateral Jumps – Double Leg to Single Leg Land        |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Jump Lunges                                                         |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Box Drop – Double Leg                                               |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Continuous Broad Jumping – Double Leg                               |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Vertical/Broad Jumps – Single Leg to Single Leg Land                |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Lateral Skater Hops – Single Leg                                    |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Box Drop – Single Leg                                               |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed) |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Box Drop Jumps – Double Leg                                         |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Box Drop Jumps – Single Leg                                         |   |   |   |   |   |   |   |   |   |    |    |    |    | ●   |
| Return to Running                                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25  |
| Walk/Jog Program                                                    |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Running Progression                                                 |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Sprinting Progression                                               |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Agility                                                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25  |
| Quick Taps on Step                                                  |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Standing Mountain Climbers at Wall                                  |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Shuffling & Grapevine                                               |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Back Pedaling                                                       |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Agility Ladder Drills                                               |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Single Leg Hopping (Clock, Square)                                  |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Skipping/Bounding                                                   |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Deceleration Drills                                                 |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Cone Drills                                                         |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Sport Specific Drills                                               |   |   |   |   |   |   |   |   |   |    |    |    |    | ●   |
| Return to Sport                                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25+ |
| Golf – Putt                                                         |   |   | ● | ● | ● | ● | ● | ● | ● | ●  | ●  | ●  | ●  | ●   |
| Chip                                                                |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  | ●   |
| Irons                                                               |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●   |
| Drivers                                                             |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Play a Round                                                        |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Hiking – Easy                                                       |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Hiking – Moderate                                                   |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Hiking – Difficult                                                  |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Backpacking                                                         |   |   |   |   |   |   |   |   |   |    |    |    |    | ●   |
| Road Biking – Flat                                                  |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●   |
| Road Biking – Hills                                                 |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●   |
| Gravel Biking                                                       |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Mountain Biking – Cross Country                                     |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Mountain Biking – Downhill                                          |   |   |   |   |   |   |   |   |   |    |    |    |    | ●   |
| Snowshoeing, Nordic Skiing – Classic                                |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●   |
| Nordic Skiing – Skate                                               |   |   |   |   |   |   |   |   |   |    |    |    |    | ●   |
| Alpine Skiing, Snowboarding, Basketball, Tennis, Football, Soccer   |   |   |   |   |   |   |   |   |   |    |    |    |    | ●   |

Therapist Name: