

ACL-R LCL-R Meniscus ROOT Repair PCL-R

Name:	·	DOB:	
Dr:	Emily Whicker, M.D.	Date:	

ROM RESTRICTIONS

Prone 0-90° x 2 weeks then seated/supine calf supported 0-90° x 4 weeks then full ROM

BRACE SETTINGS

Locked x 1 weeks then 0-90° x 5 weeks then PCL brace until 6 months

Weight Bearing status

TTWB x 6 weeks, wean x 1 week, FWB after 7 weeks

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)

Emily Whicker, M.D.						ie.								
●= Do exercise for that week	Do exercise for that week Week													
Initial Exercises		2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	•	•	•	•	•	•	•							
Flexion/Extension – Prone x 2 wks then		•	•	•	•	•	•							
seated/supine calf supported	<u> </u>													
Extension Heel Prop	•	•	•	•	•	•	•							
Quad Series (E-Stim, BFR)	•	•	•	•	•	•	•							
Hamstring Set (No isolated resisted OKC HS x 3 months)											•	•	•	•
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														•
-							•							

	Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Vertical Squat Jump – Double Leg	•		J	7	J		•	U	9	10	13	17	•	2 3
	Horizontal Broad Jump – Double Leg													•	•
Recommended	Lateral Jump – Double Leg													•	
Criteria to Initiate	Vertical/Broad/Lateral Jumps – Double														
Impact Activities & Running	Leg to Single Leg Land														•
D : 0/40	Jump Lunges														•
Pain <u><</u> 2/10	Box Drop – Double Leg														•
Full Active Knee	Continuous Broad Jumping – Double Leg														•
Extension	Vertical/Broad Jumps – Single Leg to Single Leg Land														•
Knee flexion ROM ≥ 95% of	Lateral Skater Hops – Single Leg														•
Uninvolved Side	Box Drop – Single Leg														•
	Continuous Broad Jumping - Single Leg														
Quad LSI <u>></u> 70% HS LSI <u>></u> 70%	(Triple, Crossover, 6m Timed)														•
110 201 2 1070	Box Drop Jumps – Double Leg														•
Quad/BW ≥ 60%	Box Drop Jumps – Single Leg														•
Functional Hop &	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Power Tests	Walk/Jog Program													•	•
LSI <u>></u> 70%	Running Progression														•
IKDC <u>></u> 64%	Sprinting Progression														•
<u> </u>	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step													•	•
Recommended	Standing Mountain Climbers at Wall													•	•
Criteria to Initiate Return to Sport	Shuffling & Grapevine													•	•
	Back Pedaling														•
Quad LSI > 90%	Agility Ladder Drills														•
HS LSI <u>></u> 100%	Single Leg Hopping (Clock, Square)														•
HS/QS <u>></u> 60%	Skipping/Bounding														•
Quad/BW	Deceleration Drills														•
Female: > 80%	Cone Drills														•
Male: <u>></u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	25	33+
Power Tests	Golf – Putt							•	•	•	•	•	•	•	•
LSI <u>></u> 90%	Chip										•	•	•	•	•
Y-Balance	Irons											•	•	•	•
Anterior Reach	Drivers												•	•	•
Distance ≤ 4 cm	Play a Round													•	•
IKDC > 90%	Hiking – Easy												•	•	•
_	Hiking – Moderate													•	•
ACL-RSI <u>></u> 60%	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														