



ACL-R LCL-R

Name: _____
 Dr: Emily Whicker, M.D.

DOB: _____
 Date: _____

● = Do exercise for that week

●= Do exercise for that week	Week														
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												●	●	●	

ROM RESTRICTIONS

0-90° x 4 weeks
 then full ROM

BRACE SETTINGS

0-90° x 4 weeks
 then unlocked
 until carbon fiber
 brace

Weight Bearing status

TTWB x 5 weeks,
 wean x 1 week,
 FWB after 6
 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)

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: