



DOB: _____
Date: _____

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

●= Do exercise for that week

Week[illegible]

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: