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ACL Healing Response

Name: Date:

Patient Checklist

ROM Restrictions

0-90 With PT
0 –90 for walking

Brace Settings

0-90 for walking

Weight Bearing Status

As tolerated WB

Time Lines

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

• = Do exercise for that week/month

	Week						Month							
Initial Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Extension/Flexion – wall slides	•	•	•	•	•	•								
Extension/Flexion - sitting	•	•	•	•	•	•								
Extension/Flexion – prone	•	•	•	•	•	•								
Quad sets with straight leg raises	•	•	•	•	•	•								
Hamstring sets	•	•	•	•	•	•								
Patellar Mobilizations/quad-patellar tendon	•	•	•	•	•	•	•	•	•	•				
Ankle pumps	•	•	•	•										
Sit and reach for hamstrings (towel)			•	•	•	•	•	•	•	•	•	•	•	•
Runners stretch for calf and Achilles			•	•	•	•	•	•	•	•	•			
Stork stand for quadriceps							•	•	•	•	•	•	•	•
Toe and heel raises		•	•	•	•	•								
1/3 knee bends							•	•	•					
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Bike with single leg/single leg rowing	•	•	•	•	•	•								
Bike with both legs			•	•	•	•	•	•	•	•	•	•	•	•
Aquajogging							•	•	•	•	•	•	•	•
Treadmill-incline 7-12%							•	•	•	•	•	•	•	•
Swimming with fins							•	•	•	•	•	•	•	•
Elliptical trainer									•	•	•	•	•	•
Rowing										•	•	•	•	•
Stair stepper										•	•	•	•	•
Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
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	13	17	21	25
Initial											•	•	•	•
Advance												•	•	•
Weights	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Leg press to 90°											•	•	•	•
Leg curls – do not hyperextend											•	•	•	•
Ab/adduction											•	•	•	•
Mini squats with bar											•	•	•	•
Balance squats											•	•	•	•
High level Activities	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Outdoor biking											•	•	•	•
Golf											•	•	•	•
Running												•	•	•
Basketball, tennis, football, soccer, skiing													•	•