

ACL Bone-Tendon-Bone/Quadriceps Graft

Name: _____ Date: ____/____/____

• = Do exercise for that week/month

Week

Month

| ROM | | Initial Exercise | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 | |
|---|------------------------------|--|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|----------|--|
| Restrictions: _____ _____ _____ | | Extension/flexion – wall slides | • | • | • | • | • | • | • | • | | | | | | | |
| | | Extension/flexion – sitting | • | • | • | • | • | • | • | • | | | | | | | |
| | | Extension/flexion – prone | • | • | • | • | • | • | • | • | | | | | | | |
| | | Quad sets with straight leg raises | • | • | • | • | • | • | | | | | | | | | |
| | | Hamstring sets | • | • | • | • | • | • | | | | | | | | | |
| | | Patella/tendon mobs | • | • | • | • | • | • | • | • | • | • | | | | | |
| | | Ankle pumps | • | • | • | • | | | | | | | | | | | |
| Brace Settings: _____ _____ _____ | | 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 | 3 | 4 | 5 | 6 | |
| Weight Bearing Status: • Non WB • Touch down WB • Partial 30 percent WB • As tolerated WB • Full WB | | Bike with single leg/single leg rowing | • | • | • | • | • | • | | | | | | | | | |
| | | Bike with both legs | | • | • | • | • | • | • | • | • | • | • | • | • | • | |
| | | Aqua-jogging | | | | • | • | • | • | • | • | • | • | • | • | • | |
| | | Treadmill-incline 7 to 12 percent | | | | | | | | • | • | • | • | • | • | • | |
| | | Swimming with fins | | | | | | | | • | • | • | • | • | • | • | |
| | | Elliptical trainer | | | | | | | | | | • | • | • | • | • | |
| | | Rowing | | | | | | | | | | | • | • | • | | |
| | StairMaster | | | | | | | | | | | | • | • | • | • | |
| | | Sport Cord Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 | |
| Time Lines: • Week 1 (1 to 7 POD) • Week 2 (8 to 14 POD) • Week 3 (15 to 21 POD) • Week 4 (22 to 28 POD) | | 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 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|---|---|---|----|---|---|---|---|
| Initial | | | | | | | | | | | • | • | • | • |
| Advance | | | | | | | | | | | | • | • | • |
| Weights | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Leg press to 90 degrees | | | | | | | | | | | • | • | • | • |
| Leg curls – don't hyperextend | | | | | | | | | | | • | • | • | • |
| Ab/adduction | | | | | | | | | | | • | • | • | • |
| Mini squats with bar | | | | | | | | | | | | • | • | • |
| Balance squats | | | | | | | | | | | | • | • | • |
| High Level Activities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Outdoor biking | | | | | | | | | | • | • | • | • | • |
| Golf | | | | | | | | | | | | | • | • |
| Running | | | | | | | | | | | | | • | • |
| Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | | • |