## ACL Hamstring Graft

Routine

ROM RESTICTIONS NONE
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$\qquad$
$\qquad$

BRACE SETTINGS OPEN
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$\qquad$

WEIGHT
BEARING STATUS
Crutches x1wk
Non WB
Touch Down WB
Partial 30\% WB
As tolerated WB
Full 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 | 1 | 3 | 4 | 5 | 6 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Extension/ Flexion-wall slides | - | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | - | $\bullet$ |  |  |  |  |  |  |
| Extension/ Flexion -sitting | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |
| Extension/ Flexion- prone | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |
| Quad sets with straight leg raises | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |  |  |
| Hamstring sets |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |  |  |
| Patella/Tendon mobs. | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |
| Ankle Pumps | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Sit and reach for hamstrings (towel) |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Runners stretch for calf and achilles |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Stork stand for quadriceps |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Toe and heel raises |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |  |  |
| 1/3 knee bends |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |  |  |
| Cardiovascular Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 3 | 4 | 5 | 6 |
| Bike with single leg/single leg rowing | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |  |  |  |
| Bike with both legs |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | - | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Aquajogging |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Treadmill-incline 7-12\% |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Swimming with fins |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Elliptical trainer |  |  |  |  |  |  |  |  | - | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Rowing |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |  |  |
| Stair stepper |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Sport Cord Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | $\begin{array}{\|l\|} \hline 1 \\ 0 \\ \hline \end{array}$ | 3 | 4 | 5 | 6 |
| Double knee bends |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |
| Carpet drags |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Gas Pedal |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |  |  |  |  |  |
| Forward/backward jogging |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Single knee bends |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Side to side lateral agility |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Agility Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | $\begin{aligned} & 1 \\ & 0 \end{aligned}$ | 3 | 4 | 5 | 6 |
| Initial |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Advance |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |
| Weights | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | $\begin{array}{\|l} \hline 1 \\ 0 \\ \hline \end{array}$ | 3 | 4 | 5 | 6 |
| Leg press to 90 degrees |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Leg curls - don't hyperextend |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Ab/adduction |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Mini squats with bar |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |
| Balance Squats |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ |
| High Level Activities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | $\begin{array}{\|l\|} \hline 1 \\ 0 \\ \hline \end{array}$ | 3 | 4 | 5 | 6 |
| Outdoor biking |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ | $\bullet$ | $\bullet$ |
| Golf |  |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Running |  |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Skiing, basketball, tennis, football, soccer |  |  |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |

