Patient **Check List**

ACL Hamstring Graft

= Do exer	= Do exercise for that week/month				Week							Mo	Month		
Initial Exer	cises	1	2	3	4	5	6	7	8	9	1 0	3	4	l	
Extension/	Flexion-wall slides	•	•	•	•	•	•	•	•	1		1		Ī	
ktension/	Flexion -sitting	•	•	•	٠	•	•	•	•						
Extension/	Flexion- prone	•	•	•	•	•	•	•	•		1		1		
Quad sets	with straight leg raises	٠	•	•	٠	•	•								
Hamstring	sets		•	•	٠	•	•				1		1		
Patella/Ten	don mobs.	•	•	•	•	•	•	•	•	•	•		1		
Ankle Pum	DS	٠	•	•	٠										
Sit and rea	ch for hamstrings (towel)		1	•	•	•	•	•	•	•	•	•	•		
Runners st	etch for calf and achilles			•	•	•	•	•	•	•	•	•	•		
Stork stand	for quadriceps							•	•	•	•	•	•		
Toe and he	el raises		•	•	•	•	•								
1/3 knee be	ends			•	٠	•	•								
Cardiovas	cular Exercises	1	2	3	4	5	6	7	8	9	1 0	3	4		
Bike with si	ngle leg/single leg rowing	•	•	•	•	•	•	1		1					
Bike with b	oth legs		•	•	•	•	•	•	•	•	•	•	٠		
Aquajoggin	g		1	•	•	•	•	•	•	٠	•	•	٠		
Treadmill-ir	cline 7-12%		1	1		1	1	•	•	•	•	•	٠		
Swimming	with fins		1	1		1	1	•	•	•	•	•	٠		
Elliptical tra	iner		1	1						٠	•	•	٠		
Rowing				1			1	1			•	•	٠		
Stair stepp	er		1	1						1		•	٠		
Sport Cord	Exercises	1	2	3	4	5	6	7	8	9	1 0	3	4		
Double kne	e bends							•	•	٠	•				
Carpet drag	JS							•	•	٠	•	•	٠		
Gas Pedal								•	•	•					
Forward/ba	ckward jogging										•	•	٠		
Single knee	bends										•	•	٠		
Side to side	lateral agility											•	٠		
Agility Exe	rcises	1	2	3	4	5	6	7	8	9	1 0	3	4		
Initial												•	٠		
Advance													•		
Weights		1	2	3	4	5	6	Z	8	9	1 0	3	4		
Leg press t	o 90 degrees											•	•		
Leg curls –	don't hyperextend											•	•		
Ab/adduction	n											•	٠		
Mini squats	with bar												٠		
Balance So	uats												٠		
High Level	Activities	1	2	3	4	5	6	7	8	9	1 0	3	4		
Outdoor bil	ing											•	٠		
Golf											1				
Running															
	etball, tennis, football, soccer												1	ì	

WEIGH BEARIN STATUS Crutches x1

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