

ACL Allograft Reconstruction, Fibular Collateral Ligament Reconstruction with Semitendinosus Autograft

Name: _____

Dr: Jonathan Frank M.D.

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Full passive motion

BRACE SETTINGS

Weight Bearing status

NWB x 6 weeks

TIME LINES

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

| Initial Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Flexion/Extension - wall slides | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Flexion/Extension – seated | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Patella/Tendon mobilization | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Extension mobilization | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Quad series | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Hamstring | | | | | | | | | | | | ● | ● | ● |
| Sit and reach for hamstrings - gentle | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Ankle pumps | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | | |
| Toe and heel raises | | | | | | | ● | ● | | | | | | |
| Balance series | | | | | | | | ● | ● | ● | ● | ● | ● | ● |
| Cardiovascular Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Bike/Rowing with well leg | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Bike with both legs – no resistance | | | | | | | ● | ● | ● | | | | | |
| Bike with both legs - resistance | | | | | | | | | | ● | ● | ● | ● | ● |
| Aquajogging | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Treadmill – walking 7% incline | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Swimming with fins | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Elliptical trainer | | | | | | | | | | | ● | ● | ● | ● |
| Rowing | | | | | | | | | | | ● | ● | ● | ● |
| Stair stepper | | | | | | | | | | | | ● | ● | ● |
| Weight Bearing Strength | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Double knee bends | | | | | | | | ● | ● | ● | ● | ● | ● | |
| Double leg bridges | | | | | | | | ● | ● | ● | | | | |
| Reverse lunge – static hold | | | | | | | | ● | ● | ● | | | | |
| Beginning cord exercises | | | | | | | | ● | ● | ● | ● | | | |
| Balance squats | | | | | | | | | | ● | ● | ● | ● | ● |
| Single leg deadlift | | | | | | | | | | ● | ● | ● | ● | ● |
| Limited Leg press | | | | | | | | ● | ● | ● | ● | ● | ● | ● |
| Sports Test exercises | | | | | | | | | | | | ● | ● | ● |
| Agility Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Running progression | | | | | | | | | | | | ● | ● | ● |
| Initial – single plane | | | | | | | | | | | | ● | ● | ● |
| Advance – multi directional | | | | | | | | | | | | | ● | ● |
| Functional sports test | | | | | | | | | | | | | | ● |
| High Level Activities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Golf | | | | | | | | | | | | ● | ● | ● |
| Outdoor biking, hiking, snowshoeing | | | | | | | | | | | | | ● | ● |
| Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | | ● |

Therapist Name: _____