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ACL Reconstruction w/ BTB Autograft PT Protocol

ROM RESTRICTIONS

Full PROM

BRACE SETTINGS

Locked in full extension x 2 weeks

Then unlocked

Weight Bearing status

Weightbearing as tolerated with crutches x 2 wks.

☐ = Do exercise for that week

	Week													
Initial Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Flexion/Extension - wall slides	X	X	X	X	X	X	X	X						
Flexion/Extension – seated	X	X	X	X	X	X	X	X						
Patella/Tendon mobilization	X	X	X	X	X	X	X	X						
Extension mobilization	X	X	X	X	X	X	X	X						
Quad series	X	X	X	X	X	X	X	X						
Hamstring	X	X	X	X	X	X	X	X						
Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X						
Ankle pumps	X	X	X	X	X	X	X	X	X					
Toe and heel raises			X	X	X	X	X	X						
Balance series			X	X	X	X	X	X	X	X	X	X	X	X
Cardiovascular Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Bike/Rowing with well leg	X	X	X	X	X	X	X	X						
Bike with both legs – no resistance			X	X	X	X	X	X	X					
Bike with both legs - resistance							X	X	X	X	X	X	X	X
Aquajogging								X	X	X	X	X	X	X
Treadmill – walking 7% incline									X	X	X	X	X	X
Swimming with fins									X	X	X	X	X	X
Elliptical trainer											X	X	X	X
Rowing											X	X	X	X
Stair stepper												X	X	X
Weight Bearing Strength	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Double knee bends							X	X	X	X	X	X	X	
Double leg bridges							X	X	X	X				
Reverse lunge – static hold							X	X	X	X				
Beginning cord exercises								X	X	X	X			
Balance squats											X	X	X	X
Single leg deadlift											X	X	X	X
Leg press											X	X	X	X
Sports Test exercises												X	X	X
Agility Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Running progression												X	X	X
Initial – single plane												X	X	X
Advance – multi directional													X	X
Functional sports test														X
High Level Activities	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**24**	**28**
Golf													X	X
Outdoor biking, hiking, snowshoeing													X	X

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Skiing, basketball, tennis, football, soccer														X