

ACL Reconstruction – Allograft

Name: _____

DOB: _____

Dr: Doan

DOS: _____

ROM RESTRICTIONS

Full Range of Motion

BRACE SETTINGS

T scope 0-0 x 2 weeks or until no quad lag then 0-90 until 6 weeks

Weight Bearing status

Partial weight bearing x 2 weeks

		Weeks										
ROM & Muscle Initiation		1	2	3	4	5	6	7 – 12+	13 –18+	19-24+	25-28+	29+
Flexion/Extension – Wall slide												
Flexion/Ext – seated/calf assisted												
Patella/Tendon mobilization												
Extension mobilization (no hyperext)												
Quad sets												
Hamstring sets												
Terminal knee extension, Straight leg raise (when no quad lag)												
Ankle pumps												
Bike with no resistance												
Progress to Endurance: ROM >125°, Quad set that terminally extends the knee												
Muscular Endurance 3 x 15, 45s rest								7 – 12+				
Lateral band stepping												
Single leg leg press												
Squat progression												
RDL												
Tuck squat												
Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
Muscular Strength 3 x 10 120s rest									13-18+			
Lateral band stepping												
Single leg leg press												
Hex bar squat												
Kettlebell deadlift												
Elevated split squat												
Progress to power: 19+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
Muscular Power 3 x 6, 180s rest										19-24+		
Front squat												
Barbell deadlift												
Split jumps												
Sled drags												
Progress to running: 25+ weeks & Triple hop distance >90% of unaffected side												
Running, Speed & Agility											25-28+	
Running progression												
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
High Level Activities										19-24+		
Golf, outdoor biking												
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria												