ACL Reconstruction – Patellar Tendon Graft

Dr: Doan ROM & Muscle Initiation 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%		eeks 2	3	4	5	6 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 ,			3	4	5	6	7 - 12+	13 -18+	19-24+	25-28+	2
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Bike with no resistance Progress to Endurance: ROM >125°	0										
Progress to Endurance: ROM >125°,	0										
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Muscular Endurance 3 x 15, 45s rest	, Qua	d set	that	term	inally	exter	ds the kr	iee			
							7 – 12+				
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
Progress to strength: 13+ weeks & C	Ωuad	inde	x >70	%, Y	bala	nce al	nterior rea	ach <8cm	side to si	de differe	enc
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 & Qu side to side difference	iad in	ndex :	>90%	, Har	nstrin	ng inde	ex >90%,			reach <4	cr
Muscular Power 3 x 6, 180s rest									19-24+		
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
Progress to running: 25+ weeks & Tr	iple ł	nop d	listan	ce >	90% c	of unat	ffected si	de			-
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											
	Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 13+ weeks & C Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 19+ weeks & Qu side to side difference Muscular Power 3 x 6, 180s rest Front squat Front squat Barbell deadlift Split jumps Sled drags Progress to running: 25+ weeks & Tr Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills	Lateral band steppingISingle leg leg pressISquat progressionIRDLITuck squatIProgress to strength: 13+ weeks & UIMuscular Strength 3 x 10 120s restILateral band steppingISingle leg leg pressIHex bar squatIKettlebell deadliftIElevated split squatIProgress to power: 19+ weeks & QUIFront squatIFront squatISplit jumpsISled dragsIProgress to running: 25+ weeks & Tripe HRunning progressionILadder footwork drillsIForward & backward cone drillsILateral cone drillsIGolf, outdoor bikingIClearance for other activities madeI	Lateral band steppingImage: single leg leg pressImage: single leg leg pressSquat progressionImage: single leg leg pressImage: single leg leg pressMuscular Strength 3 x 10 120s restImage: single leg leg pressImage: single leg leg pressSingle leg leg pressImage: single leg leg pressImage: single leg leg pressHex bar squatImage: single leg leg pressImage: single leg leg pressHex bar squatImage: single leg leg pressImage: single leg leg pressHex bar squatImage: single leg leg pressImage: single leg leg pressProgress to power: 19+ weeks & Quert side to side differenceImage: single leg leg pressMuscular Power 3 x 6, 180s restImage: single leg leg pressFront squatImage: single leg leg pressImage: single leg leg pressSide to side differenceImage: single leg leg pressMuscular Power 3 x 6, 180s restImage: single leg leg pressFront squatImage: single leg leg pressImage: single leg leg pressSled dragsImage: single 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