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ACL Reconstruction w/ BTB Autograft PT Protocol

= Do exercise for that week

Week

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
|------------------------------|---------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|
| ROM RESTRICTIONS | Initial Exercises | | | | | | | | | | | | | | |
| | 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 | |
| BRACE SETTINGS | 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 status | 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 |



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| 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 |
| Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | | X |