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### ACL Reconstruction PT Protocol

X = Perform exercise

**Week**

		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
<b>Range of Motion</b>	<b>Initial Exercises</b>															
	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X							
	Flexion/Extension – seated	X	X	X	X	X	X	X	X							
	Full ROM															
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X							
	Extension mobilization	X	X	X	X	X	X	X	X							
	<b>BRACE SETTINGS</b>															
	Quad series	X	X	X	X	X	X	X	X							
	Hamstring sets	X	X	X	X	X	X	X	X							
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X							
	Locked in full extension x 2 weeks															
Ankle pumps	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	X	
<b>Weight Bearing Status</b>	<b>Cardiovascular Exercises</b>	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						
	WBAT with crutches x 2 weeks, then full WBAT								X	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	X
	Treadmill – walking 7% incline									X	X	X	X	X	X	X
	Swimming with fins									X	X	X	X	X	X	X
	Elliptical trainer											X	X	X	X	X
	Rowing											X	X	X	X	X
	Stair stepper												X	X	X	X
<b>TIME LINES</b>	<b>Weight Bearing Strength</b>	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	
	<b>Agility Exercises</b>	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	



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													X	X
Outdoor biking, hiking													X	X
Skiing, basketball, tennis, football, soccer														X