



ACL Healing Response

ROM Restrictions: ____ext. to ____flex.

Brace Settings: ____ext. to ____flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

Phase I-Exercises

Exercises to begin week two

Quad sets/Straight leg raises

Hamstring sets

Patella and patellar tendon mobilization

Toe and heel raises

Sit and reach for hamstrings using towel

Well leg row and bike

Begin week 3

Passive range of motion 0-90 degrees (no prone exercises)

Begin week 6

1/3 Knee bends

Spin with both legs (no resistance and controlled pace)

Begin week 7

Full active and passive range of motion

Start resistance on bike

Phase II-Exercises-sport cord exercises

Begin week 8

Double knee bends

Gas pedal

Carpet drags

Begin week 10

Forward and Backward Jogging

Begin after 3 months

Lateral agilities

Phase III-Exercises-weight training

Begin at 3 months

Weight training with closed chain exercises only

Phase IV-Exercise-high level activity

Begin at 4 months

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