



ACL Post-Operative Rehabilitation (Hamstrings)

ROM Restrictions: ____ ext. to ____ flex.

Brace Settings: ____ ext. to ____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

PHASE I EXERCISES (Weeks 1 through 6)

- Extension/Flexion (wall slides, sitting, prone)
- Quad sets with straight leg raises
- Hamstring sets
- Patellar mobilizations/quad and patellar tendon mobilization (emphasize)
- 1/3 knee bends begin at 3 weeks
- Toe and heel raises

Muscle Stretches

- Sit and reach for hamstrings +/- towel (start at 3 weeks)
- Stork stand for quadriceps
- Runners stretch for calf and Achilles

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (weeks 2-6)
- Both leg bike no resistance (begin at 3 weeks and add resistance at 6)
- Elliptical trainer (begin at 10 weeks)
- Rowing (begin at 10 weeks)
- Stair stepper (begin at 3 months)
- Treadmill incline 7-12% very slow pace (begin at 7 weeks)

PHASE II SPORT CORD EXERCISES (begin after 6 weeks)

- Double knee bends (weeks 7 to 12)
- Carpet drags (7 weeks on)
- Gas pedal (weeks 7 to 10)
- Forward/backward jogging (begin at 10 weeks)
- Single knee bends (begin at week 10)
- Side to side lateral agility (begin at 12 weeks)

David S. Gazzaniga, MD

22 Corporate Plaza Drive

Newport Beach, CA 92660

Phone: 949-722-7038 Fax: 949-630-4960



PHASE III-WEIGHTS (begin after 12 weeks)

- Leg press to 90 degrees
 - Leg curls-extend to neutral only
 - Abduction/adduction
 - Balance squats
 - Mini squats with bar
- *no open chain extensions

PHASE IV- HIGH LEVEL ACTIVITIES

- Outdoor biking (begin at 10 weeks)
- Rollerblading (begin at 5 months)
- Running (begin at 5 months)
- Skiing, basketball, football, soccer (begin at 6 months)
- Golf (begin at 5 months)
- Agility exercises (begin at 3 months)
- Mountain Bike (begin at 5 months)