



# THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

**Scott C. Faucett, MD MS**

2112 F Street NW Suite 305

Washington, DC 20037

202-770-1447 | 202-912-8484

www.drfaucett.com



## ACL, DB-PCL, MCL Reconstruction with Meniscus Repairs

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROM RESTRICTIONS

PRONE  
0-90 x 6 weeks,  
then progress as tolerated

### BRACE SETTINGS

Immobilizer x 1wk.,  
PCL Brace x 6 mos.

### Weight Bearing status

NWB x 6 weeks

### TIME LINES

Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - prone	●	●	●	●	●	●	●	●	●	●	●			
Flexion/Ext - seated/calf assisted							●	●	●	●	●	●	●	●
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization (no hyperext)	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets (no isolated for hamstrings for 4 mos.)												●	●	●
Sit and reach for hamstrings (no hyperext)					●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Crutch weaning							●	●	●					
Toe and heel raises								●						
Balance series								●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance								●	●	●	●	●	●	●
Aquajogging							●	●	●	●	●	●	●	●
Treadmill - walking 7% incline									●	●	●	●	●	●
Swimming with fins - light flutter kick									●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing												●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends								●	●	●	●	●	●	
Double leg bridges								●	●	●				
Reverse lunge - static holds								●	●	●				
Beginning cord exercises								●	●	●	●			
Balance squats											●	●	●	●
Single leg deadlift											●	●	●	●
Leg press (max. knee flexion 70°)							●	●	●	●	●	●	●	●
Sports Test exercises												●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression														●
Initial - single plane													●	●
Advance - multi directional														●
Functional sports test														●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf progression														●
Outdoor biking, hiking, snowshoeing														●
Skiing, basketball, tennis, soccer														9 mo

*Scott C. Faucett*

\*Avoid posterior tibial sag, avoid tibial external rotation x 4 months.

\*Hold open chain hamstring exercise x 4 months.

