



ACL, PCL, Posterolateral Corner Reconstruction

Name: _____

Dr: Scott C. Faucett, MD, MS.

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Prone
0-90 x 6 weeks

BRACE SETTINGS

Immobilizer
Brace x 1 week

Jack Brace x 23 weeks

Weight Bearing status

NWB x 6 weeks

TIME LINES

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

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - Wall Slides	●	●	●	●	●	●	●	●	●	●	●			
Flexion/Ext - seated								●	●	●	●			
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets												●	●	●
Sit and reach for hamstrings (no hypertext)					●	●	●	●						
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 to max. 70° knee flexion							●	●	●	●	●	●	●	●
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														●
Basketball, tennis, football, soccer after 7-9 months														

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