



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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ACL QUAD tendon Autograft

Name: _____

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Full passive motion

BRACE SETTINGS

Immobilizer until SLR without sag

WEIGHT BEARING STATUS

Weightbearing as tolerated, crutches until no limp

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings - gentle	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●						
Balance series			●	●	●	●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance		●	●	●	●	●	●	●	●					
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Aquajogging								●	●	●	●	●	●	●
Treadmill - walking 7% incline									●	●	●	●	●	●
Swimming with fins									●	●	●	●	●	●
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 hold							●	●	●	●				
Beginning cord exercises							●	●	●	●	●			
Balance squats											●	●	●	●
Single leg deadlift											●	●	●	●
Leg press											●	●	●	●
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													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

Signature: _____