

THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

Scott C. Faucett, MD, MS

 Sports Medicine

 2112 F Street NW Suite 305

 Washington, DC, 20037

 Phone: 202-770-1447 | 202-912-8480

 Fax:
 202-912-8484

 drfaucett@scottfaucettmd.com



ACL QUAD Reconstruction/Lateral Meniscus Repair

www.drfaucett.com

ROM RESTICTIONS = Do exercise for that week Week Initial Exercises 1 2 3 4 5 6 7 8 9 10 12 16 0-90 x 2 weeks Flexion/Extension - Wall Slides •<							e:	Date				•	MS	Name: Dr: Scott C. Faucett, MD,	
ROM RESTICTIONS Initial Exercises 1 2 3 4 5 6 7 8 9 10 12 16 0-90 x 2 weeks Flexion/Extension - Wall Slides •										_		_		7	
0-90 x 2 weeks Hexion/Ext - sedied Image: constraint of the sedied Image: constraint of the sedied BRACE Homstring sets Image: constraint of the sedied Image: constraint of the sedied Image: constraint of the sedied BRACE Homstring sets Image: constraint of the sedied Locked in extension of C furth weaning Image: constraint of the sedied Image: constraint of the sedied <t< td=""><td>6 20</td><td>16</td><td>12</td><td>10</td><td>9</td><td>8</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td><td></td><td></td></t<>	6 20	16	12	10	9	8	7	6	5	4	3	2	1		
0-90 x 2 weeks Flexion/Ext - seated Image: Second Sec			\bullet	•	•	•	•	•	•	•	•	•	•	Flexion/Extension – Wall Slides	RESTICTIO
U-90 x 2 weeks Patella/Tendon mobilization 				•	•	•									
BRACE SETTINGS Quad series Image: Construction of the series Image: Conseries Image: Construction of the series						•	•	•	•	•	•	•			0-90 x 2 we
BRACE SETTINGS Hamstring sets I						•	•	•	•	•	•	•	•		
SETTINGS Sit and reach for hamstrings (no hypertext) Image: Construct of the hypertext of curch weaning Image: Construct of hypertext of		•												Hamstring sets	
Locked in extension x 6 weeks while walking and sleeping Crutch weaning						•	•	•	•					Sit and reach for hamstrings (no	-
extension x 6 weeks while walking and sleeping Crutch wearing Image: Crutch wearing <td< td=""><td></td><td></td><td></td><td></td><td>•</td><td>•</td><td>•</td><td>lacksquare</td><td></td><td>•</td><td>•</td><td>\bullet</td><td></td><td></td><td>La alva al im</td></td<>					•	•	•	lacksquare		•	•	\bullet			La alva al im
weeks while walking and sleeping Toe and heel raises I					•	•	•							Crutch weaning	
walking and sleeping Balance series 1 2 3 4 5 6 7 8 9 10 12 16 Bike with both legs - no resistance I						•								Toe and heel raises	
sleeping Cardiovascular Exercises 1 2 3 4 5 6 7 8 9 10 12 16 Bike with both legs - no resistance I		•		•		•								Balance series	
Bike with both legs - no resistance I	6 20	16	12	10	9	8	7	6	5	4	3	2	1	Cardiovascular Exercises	•
Weight Bearing status Bike with both legs - resistance I					•	٠	•								sicoping
Weight Bearing status Aquajogging I <thi< th=""> I <thi< th=""> I <thi< th=""> I</thi<></thi<></thi<>		•		•	•										
Bearing status Treedmill - walking 7% incline Image: Status		•													Weight
status Swimming with fins - light flutter kick I <td></td> <td>•</td> <td></td> <td>•</td> <td>•</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>•</td>		•		•	•										•
NWB x 6 weeks Elliptical trainer I <thi< th=""> I <thi< th=""> I</thi<></thi<>		•	•	•	•										status
NWB x 6 weeks Rowing Image: constraint of the system		•													
Stair stepper . <		•													NWB x 6 weeks
Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 12 16 Double knee bends I		•													
TIME LINES Double knee bends Image: Constraint of the second	6 20	16	12	10	9	8	7	6	5	4	3	2	1		
TIME LINES Double leg bridges I		-		•		-	-	-	-	-					
Week 1(1-7POD) Week 2(8-14POD) Week 3(15-21POD) Week 4(22-28POD) Week 4(22-28POD) Agility Exercises Image 1 Image 2 Image 2 Image 2 Week 4(22-28POD) Week 4(22-28P			-	•	•	•									
Week 1(1-7POD) Week 2(8-14POD) Week 3(15-21POD) Beginning cord exercises I <thi< td=""><td></td><td></td><td></td><td>•</td><td>•</td><td>•</td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td>TIME LIN</td></thi<>				•	•	•		-							TIME LIN
Week 1(15/10D) Week 2(8-14POD) Week 3(15-21POD) Week 4(22-28POD) Balance squats Single leg deadlift Leg press to max. 70° knee flexion Sports Test exercises Agility Exercises Initial - single plane Advance - multi directional Functional sports test High Level Activities I 2 3 4 5 6 7 8 9 10 12 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 10 1 10 1 10 1 10 1 10 1 10 1 10 1 10 1 10 1 10 <td< td=""><td></td><td></td><td></td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>				•	•	•									
Week 3(15-21POD) Single leg deadlift		•			-	•									
Week 4(22-28POD) Leg press to max. 70° knee flexion Image: Construction of the second se		-	•											· · · · · · · · · · · · · · · · · · ·	
Sports Test exercises123456789101216Agility Exercises123456789101216Running progression123456789101216Initial - single plane1111111111Advance - multi directional11111111Functional sports test123456789101216Golf progression123456789101216Outdoor biking, hiking, snowshoeing123456789101216Basketball, tennis, football, soccer123456789101216		-	•												
Agility Exercises123456789101216Running progressionIIIIIIIIIIIInitial - single planeIIIIIIIIIIIAdvance - multi directionalIIIIIIIIIIIIIFunctional sports testIII <td< td=""><td></td><td></td><td></td><td>-</td><td>•</td><td>•</td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>				-	•	•	•								
Running progression Image: Second	6 20	16	12	10	0	8	7	6	5	4	3	2	1	•	
Initial - single planeImage: Second seco	• •				-	•		•	•	-	•	-	•		
Advance - multi directionalIIIIIIFunctional sports testI23456789101216High Level ActivitiesI23456789101216Golf progressionIIIIIIIIIIIOutdoor biking, hiking, snowshoeingIIIIIIIIBasketball, tennis, football, soccerIIIIIII			-												
Functional sports test123456789101216High Level Activities123456789101216Golf progressionIII	•														
High Level Activities123456789101216Golf progressionIIIIIIIIIIIOutdoor biking, hiking, snowshoeingIIIIIIIIIIBasketball, tennis, football, soccerIIIIIIIII															
Golf progression	6 20	16	12	10	0	8	7	6	5	Л	2	2	1		
Outdoor biking, hiking, snowshoeing Basketball, tennis, football, soccer			• •							-		-		-	
Basketball, tennis, football, soccer			-												
		540 C							1	/				· · · ·	
					1		-				/				
tot C. him					/	1	1	4-1			-	4			