



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Sports Medicine

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ACL QUAD Reconstruction/Lateral Meniscus Repair

Name: _____

Dr: Scott C. Faucett, MD, MS.

Date: _____

ROM RESTRICTIONS

0-90 x 2 weeks

BRACE SETTINGS

Locked in extension x 6 weeks while walking and sleeping

Weight Bearing status

NWB x 6 weeks

TIME LINES

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

● = Do exercise for that week

Week

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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