



# THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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

Dr: \_\_\_\_\_

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

## ROM RESTRICTIONS

Full passive and active assisted range of motion

## BRACE SETTINGS

None

## Weight Bearing status

WBAT

## TIME LINES

- Week 6
- Week 7
- Week 8
- Week 9
- Week 10
- Week 11
- Week 12

● = Do exercise for that week

	Week														
	5	6	7	8	9	10	11	12	14	16					
<b>Stretching Exercises</b>															
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●	●	●					
Ankle pumps	●	●	●	●	●	●	●	●	●	●					
Toe and heel raises	●	●	●	●	●	●	●	●	●	●					
Wall Stretches	●	●	●	●	●	●	●	●	●	●					
Balance series	●	●	●	●	●	●	●	●	●	●					
<b>Cardiovascular Exercises</b>															
Bike with both legs - resistance	●	●	●	●	●	●	●	●	●	●					
Treadmill - walking 7% incline	●	●	●	●	●	●	●	●	●	●					
Swimming with fins	●	●	●	●	●	●	●	●	●	●					
Elliptical trainer	●	●	●	●	●	●	●	●	●	●					
Rowing	●	●	●	●	●	●	●	●	●	●					
Stair stepper	●	●	●	●	●	●	●	●	●	●					
<b>Endurance/Strength Exercises</b>															
Leg press	●	●	●	●	●	●	●	●	●	●					
Calf Raises		●	●	●	●	●	●	●	●	●					
Sitting Calf Raises	●	●	●	●	●	●	●	●	●	●					
Sports Test exercises					●	●									
<b>Agility Exercises</b>															
Running progression			●	●	●	●	●	●	●	●					
Side to Side No Resistance		●	●	●											
Side to Side Resistance				●	●	●	●	●	●	●					
Ladder - One Foot Runs	●	●	●	●	●	●	●	●	●	●					
Ladder - Two Foot Runs		●	●	●	●	●	●	●	●	●					
Ladder - Hopscotch		●	●	●	●	●	●	●	●	●					
Ladder - Lateral Runs		●	●	●	●	●	●	●	●	●					
Suicides			●	●	●	●	●	●	●	●					
Functional sports test						●									
<b>Power/Speed Exercises</b>															
Plyometric Box Jumps				●	●	●	●	●	●	●					
Jump Rope				●	●	●	●	●	●	●					

Signature: \_\_\_\_\_