

ACL Reconstruction – Allograft

Name: _____

DOB: _____

Dr: Cinque

DOS: _____

		Weeks											
		ROM & Muscle Initiation											
ROM RESTRICTIONS	Full Range of Motion	1	2	3	4	5	6	7 – 12+	13 –18+	19–24+	25–28+	29+	
		Flexion/Extension – Wall slide											
		Flexion/Ext – seated/calf assisted											
		Patella/Tendon mobilization											
		Extension mobilization (no hyperext)											
BRACE SETTINGS	T scope 0-0 x 2 weeks or until no quad lag then 0-90 until 6 weeks	Quad sets											
		Hamstring sets											
		Terminal knee extension, Straight leg raise (when no quad lag)											
		Ankle pumps											
Weight Bearing status	Partial weight bearing x 2 weeks	Bike with no resistance											
		Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
		Muscular Endurance 3 x 15, 45s rest							7 – 12+				
		Lateral band stepping											
		Single leg leg press											
		Squat progression											
		RDL											
		Tuck squat											
		Progress to strength: 13+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
		Muscular Strength 3 x 10 120s rest								13-18+			
		Lateral band stepping											
		Single leg leg press											
		Hex bar squat											
		Kettlebell deadlift											
		Elevated split squat											
		Progress to power: 19+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
		Muscular Power 3 x 6, 180s rest									19-24+		
		Front squat											
		Barbell deadlift											
		Split jumps											
		Sled drags											
		Progress to running: 25+ weeks & Triple hop distance >90% of unaffected side											
		Running, Speed & Agility										25-28+	
		Running progression											
		Ladder footwork drills											
		Forward & backward cone drills											
		Lateral cone drills											
		High Level Activities									19-24+		
		Golf, outdoor biking											
		Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria											