

ACL Reconstruction – Patellar Tendon Graft

	Name:							DOB:					
	Dr: Godin							S:					
]												
ROM		W	eeks	5				7 -	13 -	19-	25-		
RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	12+	18+	24+	28+	29	
NS	Flexion/Extension – Wall slide												
	Flexion/Ext – seated/calf assisted												
Full Range of Motion	Patella/Tendon mobilization												
	Extension mobilization (no hyperext)												
	Quad sets												
	Hamstring sets												
	Terminal knee extension, Straight												
BRACE	leg raise (when no quad lag)												
SETTINGS	Ankle pumps												
T scope 0-0 x	Bike with no resistance												
2 weeks or	Progress to Endurance: ROM >125°,	Qua	d set	that i	ermiı	nally	extend		ee				
until no quad	Muscular Endurance 3 x 15, 45s rest							7 - 12+					
lag then	Lateral band stepping							127					
0-90 until	Single leg leg press												
6wks	Squat progression											-	
	RDL												
	Tuck squat												
	Progress to strength: 13+ weeks & Q	undi	nday	>709		alan			ich <8cm ci	l da ta cida	difference		
Weight	Muscular Strength 3 x 10 120s			-70	, I L	Jaian			13-18+		difference	9	
Bearing	rest												
status	Lateral band stepping												
	Single leg leg press												
Partial weight	Hex bar squat												
	Kettlebell deadlift												
bearing x 2 weeks	Elevated split squat												
weeks	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									19-24+			
	rest												
	Front squat												
	Barbell deadlift												
	Split jumps												
	Sled drags												
	Progress to running: 25+ weeks & Tri	ple h	op di	istanc	e >9(0% of	f unaff	ected sid	le	-			
	Running, Speed & Agility										25-28+		
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills			1	1		1	1		1			

High Level Activities									19-24+		
Golf, outdoor biking											
Clearance for other activities made by Dr Godin and based on different factors including passing the included											
progression criteria											
© Copyright 2019 Dr. Jon Godin / Howard Head Sports Medicine											