

ACL Reconstruction – Hamstring Graft



Name: Dr: Godin						_	DOB: DOS:						
	1					_							
ROM		W	eeks	<u> </u>				-	10	10	0.5		
RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	7 - 12+	13 – 18+	19- 24+	25- 28+	29+	
NS Full Range of Motion BRACE SETTINGS	Flexion/Extension - Wall slide												
	Flexion/Ext - seated/calf assisted												
	Patella/Tendon mobilization												
	Extension mobilization (no hyperext)												
	Quad sets												
	Hamstring sets												
	Terminal knee extension, Straight												
	leg raise (when no quad lag)							-					
	Ankle pumps												
T scope 0-0 x	Bike with no resistance	<u> </u>											
2 weeks or	Progress to Endurance: ROM >125 ⁰ , Quantum Nuscular Endurance 3 x 15, 45s	id set	that to	ermino	illy ex	rtends	the kn	ee 7 -					
until no quad	rest							12+					
lag then 0-90	Lateral band stepping												
until 6 weeks	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
Weight	Progress to strength: 13+ weeks & Quad	index	>70%	, Y bo	lance	ante	ior rea	ich <8cm s	ide to side o	difference,			
Bearing	Muscular Strength 3 x 10 120s								13-18+				
status	rest												
	Lateral band stepping												
	Single leg leg press												
Partial weight	Hex bar squat Kettlebell deadlift												
bearing x 2													
weeks	Elevated split squat Progress to power: 19+ weeks & Quad in	day >	90%	Hame	tring i	ndox	>00%	V balanco	antorior ro	ach < 1cm si	do to cido		
	difference	uex -	7070,	i iuilisi	iiiig i	IIGEX	- 70 70,	Dalance	dillellol let	acii <4ciii si	de 10 side		
	Muscular Power 3 x 6, 180s									19-24+			
	rest Front squat												
	Barbell deadlift												
	Split jumps												
	Sled drags												
	Progress to running: 25+ weeks & Triple h	on di	stance	>909	∖ ‰ofu	naffe	ted sid	 e				1	
	Running, Speed & Agility	lop u	Jane	, 0,	0.0	, and	71CG 37G				25-28+		
	Running progression										20 20 1		
	Ladder footwork drills												
	Forward & backward cone drills							1					
	Lateral cone drills												
	High Level Activities									19-24+			

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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