

ACL Reconstruction Aquatic Exercise Progression

Maximum Protection Phase

Week 2-6

Gait Training: Forward
Backward
Sideways

Restrictive exercises:
Mini-squats
Hip flexion/extension with knee flexion
Hip abduction/adduction

Deep well endurance activity:
Bicycling
Scissor Kick
Hip abduction/adduction

Hamstring and Gastroc/Soleus stretching

Week 3-6

Barbell Mini-squats
Straight leg hip flexion/extension
Addition of resistive exercise equipment

Controlled Ambulation Phase

Week 6-9

Continue resistive exercises
Sidelying cycling; forward / backward
Lateral step-ups
Carioca
Jogging: forward/backward
Swimming with body
Back-lying flutter kick

Moderate Protection Phase

Week 9-14

Continue resistive exercises
Kickboard lap swimming
Resistive kickboard running

Light Activity Phase

Month 3-4

3 months:

Swimming
Vertical jumping
Resistive running with jets
Agility patterns
Diagonal cutting

3.5 months:

Kickboard laps with fins
Deep well running with fins
Tethered shallow water running