

# EXERCISE LOG

Track your fitness and strength training progress.

**GOALS:** Restore full knee range of motion, reduce post-surgical swelling, reactivate the quadriceps, and safely progress to weight-bearing activities following ACL reconstruction.

## Week 1-2: Swelling Control & Quad Activation

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Quad Sets (isometric)	3	15	BW	30s	15	Hold 5s each rep
Ankle Pumps	3	20	-	15s	20	Prevents DVT
Heel Slides (supine)	3	15	BW	30s	15	Slide heel toward glutes
Straight Leg Raises	3	12	BW	30s	12	Lock knee before raising
Patellar Mobilizations	2	10	-	20s	10	Gentle glides all directions

## Week 1-2: ROM & Circulation

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Passive Knee Flexion (gravity-assisted)	3	10	-	30s	10	Let gravity bend knee
Prone Knee Hangs (extension)	3	5 min	-	-	5 min	Restore full extension
Hip Abduction (side-lying)	3	15	BW	30s	15	Uninjured side too
Ice + Compression	1	20 min	-	-	20 min	Post-session

## Week 3-4: Weight-Bearing & Gait

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Partial Weight-Bearing Walk (1 crutch)	3	10 min	BW	2 min	10 min	Heel-to-toe pattern
Mini Squats (0-45°)	3	12	BW	45s	12	Hold wall for balance
Standing Hip Extension	3	15	BW	30s	15	Hold 2s at top
Step-Ups (2-inch step)	3	10	BW	45s	10	Slow descent
Calf Raises (bilateral)	3	20	BW	30s	20	Hold counter for support

## Week 3-4: Strength & Stability

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Terminal Knee Extension (band)	3	15	Light	30s	15	Band behind knee
Glute Bridges	3	15	BW	30s	15	Hold 2s at top
Side-Lying Hip Abduction	3	15	BW	30s	15	Slow & controlled
Stationary Bike (low resistance)	1	15 min	Low	-	15 min	Seat high, minimal resistance
Hamstring Stretch (supine)	3	30s	-	15s	30s	Each leg

## Week 5-6: Functional Strengthening

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th **Fr** Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Leg Press (single leg)	3	12	Moderate	60s	12	0-60° range only
Single-Leg Balance	3	30s	BW	20s	30s	Eyes open, then closed
Wall Squats (0-60°)	3	12	BW	45s	12	Back flat on wall
Step-Downs (4-inch step)	3	10	BW	45s	10	Slow eccentric descent
Lateral Band Walks	3	15	Light	30s	15	Each direction

## Week 5-6: Cardio & Endurance

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr **Sa** Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Stationary Cycling	1	25 min	Moderate	-	25 min	Progressive resistance
Elliptical (low impact)	1	15 min	Low	-	15 min	Forward motion only
Pool Walking	1	15 min	-	-	15 min	Waist-deep water
Hip Flexor Stretch	3	30s	-	15s	30s	Each side
IT Band Stretch	3	30s	-	15s	30s	Each side

## Full Rest & Recovery

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa **Su**

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Ice Therapy	2	15 min	-	1 hr	15 min	Morning & evening
Gentle ROM (heel slides)	2	10	-	30s	10	Maintain ROM gains
Elevation Rest	1	30 min	-	-	30 min	Leg above heart level

\*1 RM = 1 One Rep Max (for reference)

\*\*Intensity: L/M/V = Light/Moderate/Vigorous or E/M/H = Easy/Medium/Hard

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