

**STRONG HEALTH  
UNIVERSITY SPORTS MEDICINE**

**Anterior Cruciate Reconstruction  
Daily Post-Operative Program Tracking Sheet**

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Surgery \_\_\_\_\_

Time:	Ranging-Stretching		Strengthening			
	Ext	Flex	Kneecap	Hamstring	Quads	Ankle pumps
8:00 am	T_____	T_____	#_____	#_____	#_____	#_____
9:00	T_____		#_____	#_____	#_____	#_____
10:00	T_____		#_____	#_____	#_____	#_____
11:00	T_____		#_____	#_____	#_____	#_____
12:00 pm	T_____	T_____	#_____	#_____	#_____	#_____
1:00	T_____		#_____	#_____	#_____	#_____
2:00	T_____		#_____	#_____	#_____	#_____
3:00	T_____		#_____	#_____	#_____	#_____
4:00	T_____		#_____	#_____	#_____	#_____
5:00	T_____	T_____	#_____	#_____	#_____	#_____
6:00	T_____		#_____	#_____	#_____	#_____
7:00	T_____		#_____	#_____	#_____	#_____
8:00	T_____		#_____	#_____	#_____	#_____
9:00	T_____		#_____	#_____	#_____	#_____
10:00	T_____	T_____	#_____	#_____	#_____	#_____