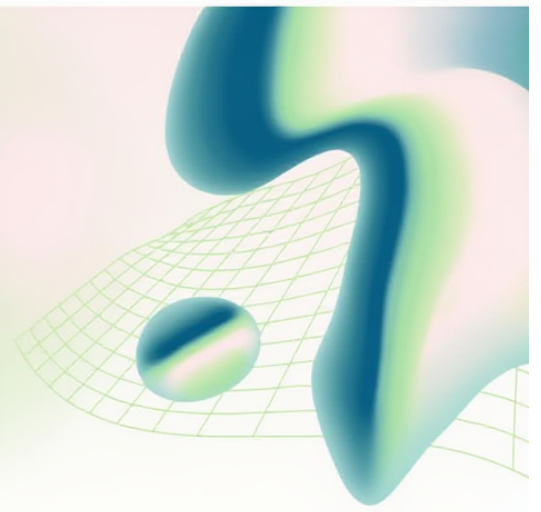


THE ATHLETE WELLNESS PROJECT

Clinical Tools Series | Vol. 1: Evidence-Based ACLR Workload Log



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1. ATHLETE SNAPSHOT

- Athlete Name: _____ | Sport & Position: _____
 - Weeks Post-Op / Rehab Phase: _____ | Target Return Date: _____
 - Primary Objective for the Week: _____
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2. WEEKLY WORKLOAD & EXERTION MATRIX (MON – SUN)

Log daily activity sessions. RPE Borg Anchors: 1–3 (Light/Warmup), 4–6 (Moderate/Controlled Drills), 7–8 (Hard/Sport-Specific Practice), 9–10 (Max Effort/Competition).

- Monday: _____ | Duration: ____ min | RPE (1–10): [____]
 - Tuesday: _____ | Duration: ____ min | RPE (1–10): [____]
 - Wednesday: _____ | Duration: ____ min | RPE (1–10): [____]
 - Thursday: _____ | Duration: ____ min | RPE (1–10): [____]
 - Friday: _____ | Duration: ____ min | RPE (1–10): [____]
 - Saturday: _____ | Duration: ____ min | RPE (1–10): [____]
 - Sunday: _____ | Duration: ____ min | RPE (1–10): [____]
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3. RECOVERY & READINESS METRICS

- **Sleep Log:** Hours Logged: _____ | **Quality:** [] Poor [] Fair [] Good [] Excellent
- **Joint Inflammation & Soreness Scale (1–10):** [1 2 3 4 5 6 7 8 9 10]

(Anchor: 1 = Baseline / No discomfort; 10 = Severe pain or noticeable swelling)

4. PSYCHOLOGICAL READINESS & NEUROMUSCULAR TRUST

- **Hesitation Rating (1–10):** "Did you feel hesitant or guard during cutting, landing, or deceleration today?"

[1 2 3 4 5 6 7 8 9 10] (1 = Fluid, natural movement; 10 = Severe apprehension / heavy guarding)

- **Knee Trust Scale (1–10):** "How much overall confidence did you feel in the surgical limb today?"

[1 2 3 4 5 6 7 8 9 10] (1 = Total distrust / fear of failure; 10 = Complete confidence / pre-injury feel)

5. CLINICAL RED-FLAG & LOAD ADJUSTMENT PROTOCOLS

Soreness Rule: If joint pain/soreness exceeds **4/10** for > 24 hours post-session, decrease workload volume by **20%** during the next training cycle.

Apprehension Threshold: If the Hesitation Rating exceeds **6/10**, hold high-velocity multi-planar cutting drills and consult your Physical Therapist prior to advancing.

6. ACADEMIC EVIDENCE BASE & CITATIONS

1. **Ardern, C. L., et al. (2014).** 55% return to competitive sport following anterior cruciate ligament reconstruction surgery: an updated systematic review and meta-analysis. *British Journal of Sports Medicine*, 48(22), 1613–1619.
 2. **Webster, K. E., & Feller, J. A. (2018).** Development and validation of a short form of the ACL-Return to Sport after Injury (ACL-RSI) scale. *Orthopaedic Journal of Sports Medicine*, 6(4).
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