*Please realize that no two individuals or surgeries are alike. Keep in mind that:*

“As tolerated” means be safe and use common sense; pain, a limp, and swelling are indicators that you are doing too much too soon. If any of these should occur, decrease activity level, ice and elevate the leg.

Ice is your friend. Please ice for 20 minutes following each exercise, therapy, or training session. While your knee remains swollen icing should also be done separate from exercise at least three times per day.

Progression through the protocol should be based upon criteria as opposed to dates listed and will vary depending on each individual patient. These are merely guidelines.

Progress should be agreed upon by the patient and his/her team of providers.

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**0 - 2 weeks:**

* **Protection**
  + **Non-weight bearing**
  + **Crutches**
  + **Splint or cast**
* **Edema Control**
  + **Elevation**
  + **Ice (cryotherapy) as possible**
* **Therapy**
  + **Toe curls**
  + **Straight leg raises**

**2 - 4 weeks:**

* **Protection**
  + **Touch down weight bearing with crutches**
  + **Boot at all times including sleep**
    - **Remove boot only for exercises, bathing, dressing, and icing**
* **Edema Control**
  + **Ankle elevation**
  + **Icing**
  + **Compression as needed**
* **Therapy**
  + **Toe curls, use marbles or towel**
  + **Gentle ankle dorsiflexion/plantar flexion**
  + **Manual therapy and massage**
  + **Core and upper body exercises without ankle stress**

**4 - 8 weeks:**

* **Protection**
  + **Boot and crutches until full weight bearing**
  + **Wean boot at night as tolerated**
  + **Transition to ankle brace once weight bearing**
* **Edema Control**
  + **Icing (cryotherapy) after exercise/therapy and before bed**
* **Therapy**
  + **ROM while avoiding inversion**
    - **Gastroc/soleus stretching**
  + **Calf and foot strengthening**
  + **Initiate closed chain and balance exercises**
  + **Core and upper body exercises as tolerated**

**8 - 12 weeks:**

* **Protection**
  + **Brace when active (till end of first season)**
* **Edema Control**
  + **Icing (cryotherapy) after exercise and as needed**
* **Therapy**
  + **Manual therapy as needed including joint mobilization**
  + **Gradual increase in resistive closed chain exercises**
  + **Progress to cycling outdoors, running**
  + **Jumping, cutting, twisting once advised to**
    - **Need protective strength to do so**

**12 – 24 weeks:**

* **Protection**
  + **Brace when playing till end of first season**
    - **Taping is appropriate if available**
* **Edema Control**
  + **As needed**
* **Therapy**
  + **Continue manual resistive exercises and joint mobilization**
  + **Begin dynamic strengthening and functional sport specific training as ROM and strength dictates**
* **Competitive play begins between 4 and 6 months**