*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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**Weeks 0 to 3: Protective Motion Phase**

* **Brace:** None
* **Weight Bearing:** NWB
* **ROM Goals:**
  + **Extension:** Full
  + **Flexion:** 90 degrees
* **Strengthening:**
  + Quad sets  
    Four-way Straight leg raising  
    Ankle pumps
* **Conditioning:** UBE
* **Manual Therapy:** 
  + Patella and joint mobilization  
    Passive knee flexion to 90 degrees  
    Peri-patellar soft tissue mobilization

**Cryotherapy:** Six to eight times/day 20 minutes

**Weeks 3 to 6: Early Motion/Strengthening Phase**

* **Brace:** None
* **Weight Bearing:** NWB until week 4, then may begin to initiate PWB ~ 25-50%
* **ROM Goals:**
  + **Extension:** Full hyper extension
  + **Flexion:** 135 degrees
* **Strengthening:** 
  + Quadriceps setting   
    Initiate Closed chain exercises week 5  
    Straight leg raising
* **Proprioception:** Weight shifting, one leg balance
* **Core Strengthening:** Abdominal and lumbar strengthening
* **Conditioning:** Stationary bike week 5+, UBE
* **Manual Therapy:**
  + Patellar and joint mobilization  
    Passive knee flexion to 125 degrees  
    Peri-patellar soft tissue mobilization

**NOTE:** Patient must have full ROM, non-antalgic gait and no effusion to progress.

**Weeks 6 to 12: Advanced Strengthening Phase**

* **Brace:** None
* **Weight Bearing:** Weight bearing as tolerated
* **ROM Goals:**
  + **Extension:** Full (hyper-extension to match contra-lateral knee)   
    **Flexion:** 145 degrees
* **Strengthening:** Advancement of multi-plane closed chain activities
* **Proprioception:** Wobble board, BAPS.
* **Core strengthening:** Functional standing trunk activities
* **Conditioning:** 
  + Stationary bike, elliptical, swimming, running
  + Above plus Plyometric training added after week 8  
    Sport specific activities begun after 8 weeks  
    Agility drills and cutting after 8 weeks
* **Manual Therapy:**
  + Joint mobilization as needed  
    Soft tissue flexibility maintenance

**Note:** Return to sport based on provider team input and appropriate testing.

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.