*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 1: Protective Phase**

**Weight Bearing:** Partial weight bearing, use crutches at ALL times

**Therapeutic Exercises: Strengthening:** Quad sets (squeeze thigh muscles tight), ankle pumps (bending ankle up/down), towel stretch for the calf (gastroc/soleus) heel/leg prop **Conditioning:** UBE (upper body exercise bike)

**Manual therapy:** patella (knee cap) mobilization, up, down, side-side

**Cryotherapy (Ice treatment):** Six to eight times a day for 20 minutes

**Weeks 1 to 2: Protective Phase**

**Weight Bearing:** remains non weight bearing

**ROM (range of motion) Goals: Extension:** Full **Flexion:** 90 degrees

**Therapeutic Exercises: Strengthening:** Quad sets (squeeze thigh muscles tight), four-way (four directions: forward, backward, inside, outside) straight leg raises **Conditioning:** UBE (upper body exercise bike)

**Manual Therapy:** Patella mobilization (knee cap slides: up, down, side to side)

**Cryotherapy (Ice treatment):** Six to eight times a day for 20 minutes

**Weeks 3 to 4 Motion Phase**

**Weight Bearing:** progressing from partial to full weight bearing

**ROM Goals: Extension:** Full **Flexion:** 90degrees

**Therapeutic Exercises: Strengthening:** Quad sets, four-way straight leg raising **Proprioception:** Weight shifting **Conditioning:** UBE, stationary bike without resistance, 15 minute maximum time

**Manual Therapy:** Patella and joint mobilization, passive knee flexion to 90 degrees, peri-patellar soft tissue mobilization

**Weeks 5 to 6: Strengthening Phase**

**Weight Bearing:** full

**ROM Goals: Extension:** Full **Flexion:** 120 degrees

**Therapeutic Exercises: Strengthening:** 4-way SLR (straight leg raise); Initiate closed chain activities including ½ depth squats, step down, etc **Proprioception:** Weight shifting, Balance activities **Conditioning:** UBE, Stationary bike

**Manual Therapy:** Patella and joint mobilization, passive knee flexion to 120 degrees, peri-patellar soft tissue mobilization

**Weeks 7 to 8: Advanced Strengthening Phase**

**Therapeutic exercises: Strengthening:** Core strengthening, closed chain, multi plane single leg, hamstring **Proprioception:** Weight shifting, Single leg balance activities **Conditioning:** UBE, Stationary bike, Treadmill

**Manual Therapy:** Patellar and joint mobilization as needed

**Month 2 to 4: Conditioning Phase**

**Therapeutic Exercises: Strengthening:**  Core strengthening, closed chain, multi plane single leg, hamstrings **Proprioception:** Weight shifting, excursion testing, balance activities **Conditioning:** UBE, stationary bike, stair climber, elliptical machine, ski machine, treadmill running

**Month 4: Return to Sport and Function Phase**

**Therapeutic Exercises: Strengthening:** Maintain closed chain activities **Conditioning:** cutting and sport agility drills