*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 0-2**

* Protection
  + Brace at all times
  + Locked in extension
  + Crutches
* Edema Control
  + Compression wrap
  + Ice 3-4 times per day
  + Elevate when possible
* Therapy
  + Ankle pumps
  + Multi-plane leg raises
  + Soft tissue massage

**Weeks 2-4**

* Protection
  + Brace locked in extension at all times
  + Crutches at all times
  + Weight bearing as tolerated with locked brace
* Edema Control
  + Compression
  + Ice 3 times per day
  + Elevate as possible
* Therapy
  + ROM as dictated by findings in OR
  + Ankle pumps and leg raises as above
  + Standing calf raises
  + Straight legged bridging on exercise ball

**Weeks 4-8**

* Protection
  + Brace at all times
    - Open as possible as per strength and therapist guidance
  + Crutches as per therapist
* Therapy
  + ROM to 80 degrees early
    - Goal is 100 degrees by week 8
  + CORE exercises
  + Begin partial squats as tolerated
  + Small range sliders
  + Gait training
  + Patellar decompression with taping as indicated

**Weeks 8-12**

* Protection
  + Increase ROM as per therapist
    - Goal is to wean out of brace
  + Wean out of crutches
* Therapy
  + FROM
  + Closed chain and functional exercises
  + Stationary bike for ROM and fluidity
    - Increase resistance as appropriate
  + Full squats as tolerated

**Weeks 12-16**

* Protection
  + Brace and crutches as needed
* Therapy
  + Advance strengthening as per therapist
  + Eccentric training
  + Proprioceptive training
  + Progress to running program as per therapist

**Weeks 12 and beyond**

* Functional testing as indicated
* Sport specific training
* Return-to-play as per care team