

Weeks 0 to 2

Brace: At all times locked at 0 degrees

Weight Bearing: 20 to 40 pounds

ROM Goals:

Extension: Full

Flexion: 120 degrees (if meniscal repair, limit flexion to 90 degrees)

Therapeutic Exercise:

Strengthening:

Quad sets

Four way leg SLR

Ankle pumps

Conditioning: UBE

Manual Therapy:

Patella mobilization

Passive knee flexion to 120, unless meniscal repair as above noted

Peri-patellar soft tissue mobilization

Cryotherapy: 6 to 8 times/day for 20 minutes

Weeks 3 to 4

Brace: At all times locked at 0 degrees

Weight Bearing: 20 to 40 pounds

ROM Goals:

Extension: Full

Flexion: 120, unless meniscal repair as above noted

Therapeutic Exercise:

Stationary bike < 15 minutes for ROM

Strengthening:

Quad sets

Four way leg SLR

Ankle pumps

Conditioning: UBE

Manual Therapy:

Patella mobilization

Passive knee flexion: 120, unless meniscal repair as above noted

Peri-patellar soft tissue mobilization

Cryotherapy: 6 to 8 times/day for 20 minutes

Weeks 5 to 6

Brace: Begin to transition out of Bledsoe to neoprene sleeve with metal hinges

Weight Bearing: Begin transition to FWB over next two weeks

ROM Goals:

Extension: Full

Flexion: Full

Therapeutic Exercise:

Strengthening: (out of the brace)

Quad sets

Four way leg SLR

Ankle pumps

Initiate closed chain exercises: heel raise, ball on wall, mini squat

Proprioception:

Weight shifting progressing to single limb balance

Conditioning: UBE, advance stationary bike

Manual Therapy:

Patella mobilization

Prone knee flexion

Peri-patellar soft tissue mobilization

Continue cryotherapy as needed

Week 7 to 12

ROM Goals:

Extension: Full

Flexion: Full

Therapeutic Exercise:

Strengthening:

Closed chain

Proprioception:

Balance Activity: Bird dips/trunk dip, balance board, etc.

Conditioning: Elliptical, bike, after 10 weeks may add ski machine if available

Manual Therapy:

Patella mobilization
Passive Knee Flexion to 90
Peri-patellar soft tissue mobilization

Cryotherapy: 6 to 8 times/day for 20 minutes

Advanced Activities:

Return to run program on treadmill at 5 months post operatively
Plyometrics at 5 months
Cutting activities at 6 months
Return to sports upon physician approval 7 to 9 months post operatively