

Weeks 1 to 2: Protective Phase

Brace: Immobilized

Weight Bearing: Non weight bearing

ROM Goals:

Extension: Full

Flexion: 90 degrees

Therapeutic Exercises:

Strengthening: Quad sets, four-way straight leg raises

Proprioception: Weight shifting

Conditioning: UBE

Manual Therapy: Patellar mobilization

Cryotherapy: Six to eight times a day for 20 minutes

Weeks 3 to 4 Motion Phase

Brace: Immobilized

Weight Bearing: Partial weight bearing

ROM Goals:

Extension: Full

Flexion: 90 degrees

Therapeutic Exercises:

Strengthening: Quad sets, four-way straight leg raising

Proprioception: Weight shifting

Conditioning: Stationary bike, less than 15 minutes

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

Weeks 5 to 6: Strengthening Phase

Brace: Off

Weight Bearing: Progress to full weight bearing

ROM Goals:

Extension: Full

Flexion: 120 degrees

Therapeutic Exercises:

Strengthening: Closed chain: ½ squats, step downs, 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:

Closed chain
Multi plane single leg
Hamstrings

Proprioception:

Weight shifting
Single leg balance activities

Conditioning:

UBE
Stationary bike

Manual Therapy: Patellar and joint mobilization

Week 9, Month 4: Conditioning Phase

Therapeutic Exercises:

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

Month 5: Return to Sport and Function Phase

Therapeutic Exercises:

Conditioning: Running straight

Month 6

Therapeutic Exercises:

Conditioning: Cutting

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.