

Preoperative

Brace: As needed

Weight Bearing: Full, crutches as necessary

ROM Goals:

Extension: Full

Flexion: 135 degrees

Therapeutic Exercise: Learn exercises for postoperative regimen

Weeks 0 to 2: Protective Phase

Brace: None

Weight Bearing: Full, with crutches for safety

ROM Goals:

Extension: Full

Flexion: 110 degrees

Therapeutic Exercise:

Strengthening:

Quad sets

Four-way SLR

Ankle pumps

Closed chain: squats, heel raises, etc.

Proprioception: Weight shifting

Conditioning: UBE

Manual Therapy:

Patella and joint mobilization

Passive knee flexion to 100 degrees

Peri-patellar soft tissue mobilization

Cryotherapy: Six to eight times/day 20 minutes

Weeks 3 to 6: Early Strengthening Phase

ROM Goals:

Extension: Full hyper extension

Flexion: 135 degrees

Therapeutic Exercise:

Strengthening:

Quadriceps setting
Closed chain exercises zero to 30 degrees
Straight leg raising
Mini squats
Step downs

Proprioception: One leg balance

Core Strengthening: Abdominal and lumbar strengthening

Conditioning: Stationary bike, UBE

Manual Therapy:

Patellar and joint mobilization
Passive knee flexion to 125 degrees
Peri-patellar soft tissue mobilization
Prone quadriceps stretching

Patient must have full ROM, non antalgic gait and no effusion to progress.

Weeks 6 to 10: Advanced Strengthening Phase

Therapeutic Exercise:

Strengthening: Advancement of multi-plane closed chain activities

Proprioception: Wobble board, BAPS.

Core strengthening: Functional standing trunk activities

Conditioning: Stationary bike, elliptical, swimming

Manual Therapy:

Joint mobilization as needed
Soft tissue flexibility maintenance

Weeks 10 to 12: Function and Sport Return Phase

Therapeutic Exercise:

Above plus Plyometric training added
Sport specific activities begun after 12 weeks
Agility drills and cutting after 12 weeks

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.