

(Brace locked in extension, TTWB in brace locked in extension)

May not remove brace for HEP

(ROM as tolerated, TTWB with brace locked in extension)

Continue with above exercises/ice treatments

Advance ROM as tolerated with no limits with brace on

Stationary bike for range of motion (short crank or high seat, no resistance) Ok to remove brace for bike here

No weight bearing with knee in flexed position, continue TTWB with brace locked in full extension

Perform scar massage aggressively

progress 1

Hip/core strengthening and proprioceptive training

- D/C brace if quad control adequate
 - Advance ROM, Goal: 0 to 115 degrees, walking with no limp
 - Add ball squats
 - Initiate retro treadmill with 3% incline (for quad control)
 - Increase resistance on stationary bike
 - Mini-squats and weight shifts
 - Sport cord (bungee) walking
 - 8 inch step ups
 - 4 inch step downs

Begin resistance for open chain knee extension

Swimming allowed, flutter kick only

Bike outdoors, level surfaces only

Progress balance and board throws

Plyometric leg press

6-8 inch step downs

Start slide board

Jump down's (double stance landing)

Progress to light running program and light sport specific drills if:

Isometric extensor limb symmetry index (LSI) >70% plus extensor and flexor
LSI >70%

Active ROM 0 to > 125 degrees

Functional hop test >70% contralateral side

Swelling < 1cm at joint line

No pain

Demonstrates good control on step down

Stairmaster machine

If full ROM, quad strength > 80% contralateral side, functional hop test >85%
contralateral side, satisfactory clinical exam:

Progress to home program for running. Progress to hops, jumps, cuts and
sports specific drills. Begin to wean from supervised therapy.

- Criteria to return to sports (functional testing at 6 mos, then at 9mos)
 - Full Active ROM
 - Quadriceps >90% contralateral side
 - Satisfactory clinical exam

Functional hop test > 90% contralateral side

- Doctor visit