

**Bracing:**

No brace

**Weight Bearing:**

First 2 days: TDWB (touch-down weight bearing) with crutches  
After 2 days: WBAT (weight bearing as tolerated) without crutches

**Range Of Motion:**

Immediate full range of motion (ROM) without restrictions

**Exercises:**

Weeks 0-2: Regain normal gait  
Modalities for swelling reduction  
Heel slides, quad sets, patellar mobs, straight leg raises, co-contractions  
Stationary bike, elliptical as tolerated

Weeks 2-4: Full ROM should be achieved in the 0-2 week timeframe  
Wall sits, lunges, balance/proprioception exercises  
Leg press, leg curls, squats  
Focus on regaining quad/VMO strength  
Impact activity (light jogging) ok per patient tolerance  
Sport-specific drills as tolerated

Weeks 4-6+: Plyometrics  
Cutting/pivoting activities  
Return to sport/full activities