

Week 0-2:

- Range of Motion (ROM):
 - Active assisted range of motion (AAROM)/ Passive range of motion (PROM): Goal of 0-90° by week 2
- BRACE:
 - Post-op hinged knee brace: locked at 0 deg when walking
 - When not walking, unlock brace and unlimited range of motion and bending
 - May remove for PT
- WEIGHT BEARING:
 - Weight bearing as tolerated (WBAT)
 - Crutches optional
- EXERCISES:
 - Ankle pumps, quadriceps sets, straight leg raise (SLR), heel slides, patellar mobilizations, standing hamstring curls only if not painful

Weeks 2-4:

- ROM:
 - Active range of motion (AROM): Goal of 0-130 deg by week 6
- BRACE:
 - Post-op hinged knee brace: locked from 0-70 deg when walking, unlocked at rest, (off for PT, washing)
- WEIGHT BEARING:
 - Weight bearing as tolerated (WBAT)
 - No crutches
- EXERCISES:
 - Stationary bike (low resistance), hamstring curls, progressive quad resistance (shuttle), 4-way hip exercises
 - Mini-squats, weight shifts, initiate step up program
 - Closed chain knee extension, weight bearing gastroc/soleus, proprioceptive training
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Weeks 4-6:

- ROM: goal of 0-130 deg by wk 6

- BRACE: transition from post-op brace to active hinged knee brace
- WEIGHT BEARING: Continue WBAT
- EXERCISES:
 - Stationary bike (low resist), hamstring curls, progressive quad resistance (shuttle), 4-way hip exercises
 - Mini-squats, weight shifts, continue step up program
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Weeks 6-12:

- EXERCISES:
 - Increase resistance exercises, calf raises, swimming (no whip-kick), biking
 - Progressive squat program
 - Initiate step down program
 - Leg press and lunges (start initially with body weight only)

Weeks 12-16:

- EXERCISES:
 - Leg press, half-squats, agility training
 - Begin forward running in straight line (no cutting/pivoting) on level surface
 - Progress strengthening and flexibility exercises

Months 4-6:

- EXERCISES:
 - Full jogging, biking, swimming
 - May play light tennis and golf,
 - Increase agility drills, side to side exercises
 - Start plyometric exercises
 - Start sports specific agility program

Months 6-9:

- EXERCISES: gradual return to full activities
 - Contact sports at 8-9 months if return to play (RTP) criteria met