

Phase 1: Post-operative <2 weeks:

Goals

- Diminish pain, inflammation and swelling
- Protect reconstruction
- Goal knee range of motion 0-90 degrees
 - Achieve full knee extension within 2 weeks post-op
- Modalities:
 - Elevation of operative extremity above heart level when inactive
 - TED hose stockings bilaterally for 2 weeks
 - Cryotherapy for 15 minutes 4x/day for 2 weeks post-op

Weight bearing status and brace wear

- 50% weight bearing with crutches
- Brace set 0-90 degrees to be worn at all times except for personal bathing

Therapeutic exercises

- PROM → AAROM → AROM 0-90 degrees as tolerated, emphasizing full extension
- Heel slides (to 90 degrees)
- Quad sets
- Patellar mobilization, ankle pumps
- Straight leg raises (without brace when able to do SLR without extension lag)

Phase 2: Post-operative weeks 2-6

Goals

- Diminish pain, inflammation and swelling
- Protect reconstruction
- Initiate safe weight bearing
- Improve knee range of motion (goal 0-120 degrees active range of motion as tolerated)
- Re-educate quadriceps muscle activity
- Modalities:
 - Electrical stimulation for quadriceps activation and edema control

Weight bearing status and brace wear

- Discontinue crutches, transition to full weight bearing
- Brace unlocked to allow full knee ROM

Therapeutic exercises

- All exercises from phase 1 continued, emphasizing increasing knee flexion

Phase 3: Post-operative weeks 6-12

Goals

- Restore normal gait
- Full pain free knee range of motion
- Increase hip, quadriceps, calf and hamstring strength
- Improve proprioception

Weight bearing status and brace wear

- Weight-bear as tolerated, unrestricted ROM
- Discontinue brace at 6 weeks post-op

Therapeutic exercises

- All exercises as needed from Phase 1 and 2 as needed
- Progress with closed chain knee extension
- Initiate stationary bike program
- Initiate proprioceptive and balance training
- Hamstring and calf stretching exercises
- Progressive squat and step-down program
- Initiate step-up program

Phase 5: Post-operative months 3-4

Goals

- Normalize jogging and running mechanics
- Progressive strengthening regimen

Weight bearing status

- Full

Therapeutic exercises

- Progressive hip, quadriceps, hamstring and calf strengthening
- Progressive cardio endurance via elliptical, stairmaster, bike
- Progressive in-line jogging/running

Phase 6: Post-operative months 4+

Goals

- Safe full return to sports involving cutting, pivoting, squatting, twisting, running

Weight bearing status

- Full

Therapeutic exercises

- Continue all exercises above, adding cutting/pivoting activities as needed
- Progressive plyometrics for speed and power
- Initiate and progress toward full sport specific exercises