

Bracing:

- Week 0-2:
 - Knee locked in extension. Keep on at all times.
 - May remove for physical therapy (PT)/washing
- Week 2-6:
 - Knee brace unlocked except when walking. Should be locked in extension when walking
 - May remove for PT/washing/sleep
- After week 6:
 - Discontinue brace

Weight Bearing:

- Week 0-6:
 - TDWB (toe touch weight bearing) in knee brace locked in full extension with crutches
- After week 6:
 - WBAT without brace, discontinue crutches

Range Of Motion:

- Week 0-2:
 - AROM/PROM from 0-90 degrees
- After week 2:
 - Full ROM as tolerated

- Week 0-4:
 - Heel slides, quad sets, patellar mobilizations, SLR's
- Week 4-8:
 - Quad/hamstring isometrics, wall sits < 90 degree knee bend, stationary bike for ROM only
- Week 8-12:
 - Leg press, single leg squat, lunges: 0-90 degrees, resistive stationary bike
- Week 12-16:
 - Light jog/walk progressions, plyometrics
- After week 16:
 - Full running, cutting, pivoting and contact sports

Exercises:

