

Preoperative

Brace: As needed

Weight Bearing: Full, crutches as necessary

ROM Goals

Extension: Full

Flexion: 135 degrees

Therapeutic Exercise: Learn exercises for postoperative regimen

Postoperative

Weeks 0 to 2: Protective Phase

Brace: Locked at 0 degrees

Weight Bearing: 40-50lbs with Crutches

ROM Goals :Supervised at PT

Extension: Full

Flexion: 110 degrees

Therapeutic Exercise

Strengthening:

Quad sets

Four-way SLR

Ankle pumps

Closed chain: squats, heel raises, etc.

Proprioception: Weight shifting

Conditioning: UBE

Manual Therapy:

Patella and joint mobilization

Passive knee flexion to 100 degrees

Peri-patellar soft tissue mobilization

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Cryotherapy: Six to eight times/day 20 minutes

Weeks 3 to 6: Early Strengthening Phase

Progress to full weight bearing.

ROM Goals

Extension: Full hyper extension

Flexion: 135 degrees

Therapeutic Exercise

Strengthening:

Quadriceps setting

Closed chain exercises zero to 30 degrees

Straight leg raising

Mini squats

Step downs

Proprioception: One leg balance

Core Strengthening: Abdominal and lumbar strengthening

Conditioning: Stationary bike, UBE

Manual Therapy:

Patellar and joint mobilization

Passive knee flexion to 125 degrees

Peri-patellar soft tissue mobilization

Prone quadriceps stretching

Patient must have full ROM, non antalgic gait and no effusion to progress.

Weeks 6 to 10: Advanced Strengthening Phase

Therapeutic Exercise

Strengthening: Advancement of multi-plane closed chain activities

Proprioception: Wobble board, BAPS.

Core strengthening: Functional standing trunk activities

Conditioning: Stationary bike, elliptical, swimming

Manual Therapy:

Joint mobilization as needed

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Soft tissue flexibility maintenance

Weeks 10 to 12: Function and Sport Return Phase

Therapeutic Exercise

Above plus Plyometric training added
Sport specific activities begun after 12 weeks
Agility drills and cutting after 12 weeks

Note: Return to sport based on provider team input and appropriate testing.

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.

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