

Weeks 1 to 2: Early Motion Phase

Weight Bearing: Progress to full weight bearing with comfort and Stability

ROM Goals

Extension: 10 degrees
Flexion: 90 degrees
Abduction: 30 degrees
Adduction: 30 degrees
Internal rotation in flexion: 0
External rotation in flexion: 0

Therapeutic Exercises

Strengthening: Quad sets, SLR
Conditioning: Walking
Cryotherapy: 6 to 8 times a day for 20 minutes

Weeks 3 to 4 Advanced Motion Phase

Weight Bearing: Full

ROM Goals

Extension: 20 degrees
Flexion: 90 degrees
Abduction: 45 degrees
Adduction: 45 degrees
Internal rotation in flexion: 0
External rotation in flexion: 0

Therapeutic Exercises

Strengthening: Quad sets, four-way straight leg raising
Proprioception: Weight shifting
Conditioning: Walking

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Weeks 6: Strengthening Phase

Weight Bearing: Full
ROM Goals: Full

Therapeutic Exercises

Strengthening: Closed chain: half squats, step downs, etc.

Proprioception:
Weight shifting
Balance activities

Conditioning:
Stationary bike
Elliptical
Walking
Treadmill
Swimming

Weeks 7 to 8: Advanced Strengthening Phase

Therapeutic Exercises

Strengthening:
Closed chain
Multi plane single leg
Hamstrings
Hip hikes

Proprioception:
Weight shifting
Single leg balance activities

Conditioning:
Stationary bike
Elliptical
Walking
Treadmill
Swimming

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Week 9, Month 4: Conditioning Phase

Therapeutic Exercises

Strengthening:

Closed chain
Multi-plane single leg
Hamstrings
Hip hikes
Multi-hip
Trunk bends
Plyometrics

Proprioception:

Weight shifting
Balance activities

Conditioning:

Stationary bike
Treadmill
Stair climber
Elliptical machine
Ski machine
Running Straight (once cleared)

Month 5: Return to Sport and Function Phase

Therapeutic Exercises

Conditioning: Running straight

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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