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
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
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.