POST-OP 1-4 WEEKS (days 2-28)
Frequency/Duration of treatment to be determined by therapist
Encourage patient to follow HEP

GOALS
Full active extension equal to opposite leg (no open chain extension)
Good patellar mobility

WEIGHT BEARING
Weight bearing as tolerated

ROM LIMITS
0 - 90 degrees
No Resistance training at >90 degrees flexion

THER-EX
Quad Sets
Straight Leg Raise (4 plane)
Four Plane Theraband
Hamstring and Gastroc Stretching
Prone Hang for Extension ROM
Patellar Mobs
Heel Slide (0 - 90 degrees)
Ankle Pumps
Theraband Ankle Exercises

MODALITIES
E-Stim (quad control, pain, swelling)
Cryotherapy
Biofeedback

POST-OP 4-6 WEEKS (days 29 - 42)

WEIGHT BEARING
WBAT
D/C crutches when patient demonstrates good quad control and no extensor lag

ROM LIMITS
0 - 120 degrees by day 42

THER-EX
Continue above exercises
Closed Chain exercises 0-45
Wall Sit Stationary bike
Total Gym Elliptical walker
Leg Press

Heel Raises on Step
Leg Curl (0-45 degrees with low resistance)

NO OPEN CHAIN EXTENSION MACHINE
Proprioceptive Training
Foam
Dyna Disc
Treadmill Walking forward/backward
Step ups
Bike with no resistance

MODALITIES
Continue above modalities as needed
POST-OP 7-15 WEEKS (days 43 - 4 months)

**BRACE**
- Functional ACL Brace

**WEIGHT BEARING**
- Full Weight Bearing

**ROM**
- Progress to full ROM as tolerated (continue to limit ROM with isotonic strengthening)

**THER-EX**
- Continue above exercises with ROM increased to 90 degrees
- Proprioceptive Training
  - Single leg balance
  - Foam/Dyna Disc with Plyoback
- Single Leg Heel Raise
- Side Stepping on Treadmill
- Resisted walking
- Stool Slides

POST-OP 4 MONTHS

Continue above exercises (ROM 0 - 90)
- May begin gradual open chain exercises
- Initiate jogging/running program
- Plyometrics
  - Line jumps

POST-OP 5 MONTHS

Continue above exercises
- Full ROM on all exercises
- Agility drills
- Sport specific training

POST-OP 6 - 8 MONTHS

Return to Sport

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Physician Signature       Date