



Date of Surgery: \_\_\_\_\_

Postop	Goals	Precautions	Exercises
<b>Weeks 0-6</b> PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair Maintain full extension Limit quad inhibition ROM 0-90°	PWB (50%) Brace locked in extension at all times for ambulation and during sleep - remove for exercises only No active knee extension Avoid prolonged standing/walking Ensure proper brace alignment	Brace education Cryotherapy Proximal/distal strengthening Seated A/AA knee FLEXION within limits Passive knee EXTENSION Quadriceps re-education & isometrics SLR brace locked in extension Scar mobilization Patella mobilization Gait training
		<b>Must adhere to MD ROM limits</b> <b>Knee flexion progression:</b> Weeks 0-2: 0-45° Weeks 2-4: 0-60° Weeks 4-6: 0-90°	
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	ROM 0-125° No extensor lag Normalize gait Ascend 8" step Minimize pain and swelling Activity modification education	WBAT locked ambulation Unlock 0-60° ambulation (week 8) No WB with flexion >90°	Gait training with flexion stop at 60° once patient demonstrates good quad control A/AA knee flexion Pool ambulation (if wound OK) Patellar mobilizations Short crank → regular bike (flexion >110°) Leg press (bilateral 0-90°) Initiate forward step-up program Initiate squat program (wall slide) Proprioceptive exercises Retro-ambulation
		<b>Notify MD if knee flexion</b> <90° by 8 weeks <110° by 10 weeks	
<b>Weeks 12-18</b> PT 1-2x/week HEP daily	Full ROM Descend 8" step with good eccentric leg control Return to normal ADLs	WBAT DC brace when adequate quad control (communicate with MD) Avoid aggravating activities Avoid reciprocal stair decent No running or sport  Swimming OK at 12 weeks	Continue flexion ROM Incorporate quadriceps flexibility exercises Advance closed chain exercise Initiate step-down program Progress squat program Isokinetic/isotonic knee extension Advanced proprioceptive training Agility training Elliptical
<b>Weeks 18-26</b> PT 1-2x/week HEP daily	Maximize strength, flexibility, and endurance with sport specific movements Gradual return to activity Goal >90% limb symmetry on functional and isokinetic test	WBAT Avoid aggravating activities Return to sport (MD directed)  Running/jumping at 20 weeks	Advance agility program/sport specific Plyometric program Forward running pain-free