



**Phase I: Maximum Protection- Weeks 1-6:**

**Goals:**

- Diminish inflammation and swelling
- Restore ROM
- Reestablish quadriceps muscle activity

**Stage 1: Immediate Postoperative Day 1- Week 3**

- Ice, compression, elevation
- Electrical muscle stimulation
- Brace locked at 0 degrees
- ROM 0-90
  - Motion is limited for the first 7-21 days, depending on the development of scar tissue around the repair site. Gradual increase in flexion ROM is based on assessment of pain and site of repair (0-90 degrees).
- Patellar mobilization
- Scar tissue mobilization
- Passive ROM
- Exercises
  - Quadriceps isometrics
  - Hamstring isometrics (if posterior horn repair, no hamstring exercises for 6 weeks)
  - Hip abduction and adduction
- Touchdown weight bearing with crutches and brace locked at 0 degrees
- Proprioception training with brace locked at 0 degrees

**Stage 2: Weeks 4-6**

- Gradually increase to full weight bearing with brace unlocked
- Progressive resistance exercises (PREs) 1-5 pounds.
- Limited range knee extension (in range less likely to impinge or pull on repair)
- Toe raises
- Cycling (no resistance)
- PNF with resistance
- Unloaded flexibility exercises

**Phase II: Moderate Protection- Weeks 6-10**

**Criteria for progression to phase II:**

- ROM 0-90 degrees
- No change in pain or effusion
- Quadriceps control (MMT 4/5)

**Goals:**

- Increased strength, power, endurance
- Normalize ROM of knee
- Prepare patients for advanced exercises

**Exercises:**

- Strength- PRE progression
- Flexibility exercises
- Lateral step-ups
- Mini-squats at 8-10 weeks (less than 90 degrees)

**Endurance Program:**

- Swimming (no frog kick), pool running- if available
- Cycling
- Stair machine

**Coordination Program:**

- Balance board
- Pool sprinting- if pool available
- Backward walking
- Plyometrics

**Phase III: Advanced Phase- Weeks 11-15****Criteria for progression to phase III:**

- Full, pain free ROM
- No pain or tenderness
- Satisfactory clinical examination
- SLR without lag
- Gait without device, brace unlocked

**Goals:**

- Increase power and endurance
- Emphasize return to skill activities
- Prepare for return to full unrestricted activities

**Exercises:**

- Continue all exercises
- Increase plyometrics, pool program
- Initiate running program
- No deep squats until 4-6 months

### **Return to Activity: Criteria**

- Full, pain free ROM
- Satisfactory clinical examination

### **Criteria for discharge from skilled therapy:**

- 1) Non-antalgic gait
- 2) Pain free /full ROM
- 3) Quad strength at 80-90% of contralateral side
- 4) Independent with home program
- 5) Normal age appropriate balance and proprioception
- 6) Resolved palpable edema