



This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- NWB for 6 weeks
- Weight bearing status varies based on lesion location and size
- Precautions and ROM limits may be altered by the surgeon based on the integrity of the repair and associated injury. These changes will be specifically stated by the surgeon.

Phase 1: Weeks 0-6

Goals:

- Protection of post-surgical knee
- Eliminate effusion
- Restore normal knee ROM and patellar mobility
- Restore quad control

Precautions:

- Brace should be locked in extension, unless otherwise directed by surgeon

Exercises: Weeks 0-6

- Quad sets
- Hamstring sets
- Gluteal sets
- Pillow squeezes
- Ankle pumps
- Bike
- SLR-4 way on table
- Standing SLR-4 ways
- Towel extension/Heel prop
- Heel slides
- Patella mobilizations

Phase 2: Weeks 6-12

Goals:

- Single leg stand control
- Normalize gait
- Good control and no pain with functional movements, including step up/step down, squat, partial lunge

Precautions:

- Avoid post-activity swelling
- Avoid loading knee in deep flexion angles
- No impact activities until 12 weeks after surgery
- Weight Bearing: Begin WBAT with crutches, FWB by 8 weeks
- ROM: Advance to full/painless ROM
- Brace: Progress out of brace, as normal quad control is obtained

Exercises:

- Continue appropriate exercises from weeks 0-6
- Weight shifts
- Heel raises
- Bike
- Bilateral balance on air-ex progressing to BOSU
- Supine clamshells progress to side lying with band
- Bridging-progressing to marching to single leg

- Bridging on t-ball progressing to single leg
- Dead bug
- Hamstring curls
- LAQ 90-45 degrees
- SAQ
- Swimming-straight leg kicking, biking, water walking
- Hamstring stretch
- IT band stretch
- Piriformis stretch
- Calf stretch

Phase 3: (Weeks 12-16)

Goals:

- Good control and no pain with sport/work specific movements, including impact

Precautions:

- Post-activity soreness should resolve within 24 hours
- Avoid post-activity swelling
- Avoid knee pain with strengthening

Exercise Suggestions:

- Functional leg strengthening
- Single leg balance and proprioception progression
- Stretching for patient specific imbalances

Exercises:

- Continue appropriate exercises from weeks 6-12
- Mini squats with progression to air-ex/BOSU
- Lunges-forward/lateral/reverse
- Leg press-Bilateral progressing to single leg
- Single leg stance with ball toss progressing to air-ex/BOSU
- Bilateral steamboats progressing to air-ex/BOSU
- Single leg balance in running stance
- Single leg cone touch
- Forward lunge with rotation
- Single leg diagonal forward reaches
- Sidestepping, Monster walks with band progression at knees/ankles

- Reverse monster walks with band progression at knees/ankles
- Warrior walks
- Shoulder extension with band with band progression on air-ex/BOSU
- Forward/lateral/retro step ups-progressing with height changes
- Bike/elliptical/swimming
- Hamstring, IT band, piriformis, calf stretch

Phase 4: (Weeks 16+)

Goals:

- Good control and no pain with sport/work specific movements, including impact

Precautions:

- Post-activity soreness resolved within 24 hours
- Avoid knee flexion pain with strengthening

Suggestions for exercise progression:

- Impact control exercises begin bilateral and progress to single leg
- Movement control exercises beginning with low velocity, single plane activities, progressing to high velocity, multi-plane activities
- Sport/work specific balance/proprioceptive drills
- Hip/core strengthening
- Stretching for patient specific muscle imbalances

Exercises:

- Continue appropriate exercises from weeks 12-16
- Squat jumps-bilateral progressing to single leg
- Lateral/forward/retro hopping-bilateral progressing to single leg
- Quick taps on step
- Forward lunge walking-progressing to rotation holding weight
- Wall squats-progressing to wall squats with ball squeeze
- Forward/lateral step downs-progressing with height changes
- Romanian dead lifts with UE curls to press

- Lunge with anchored medial/lateral resistance
- Single leg squats-progressing to band at knees
- IT band, hamstring, hip flexors, calf, piriformis stretches
- Bike/elliptical

**Return to moderate impact: Jogging/Aerobics @ 8 months

**With good dynamic neuromuscular control with multi-plane activities without pain or swelling

**Return to high impact: Basketball/soccer @ 10 months

