

Weeks Four To Eight	Weeks Eight To Twelve
Evaluate	Evaluate
Gait Quad Contraction ROM Balance	Patella Mobility/crepitus ROM Gait HEP compliance
Patient Education	Patient Education
Progressively open brace staying 10 degrees less than available ROM, may D/C brace at 6 weeks if good quad contraction and normal gait May need single axillary crutch to normalize gait	Wean from brace No running or jumping is to be performed prior to strength testing and only with physician approval
Therapeutic Exercise	Therapeutic Exercise
May complete open chain isotonic exercise and multi-angle isometrics (hamstring curls and heel raises) Gentle closed chain exercises for quad contraction and proprioception 0-30 degrees at 4 weeks Initiate stationary bike as tolerated at 6 weeks Initiate Single leg stance	Advance closed chain exercises for quad contraction beyond 30 degrees as tolerated Bilateral dynamic balance activity Single leg dynamic balance activity on a stable surface Initiate squatting, lunging, and step-up progressions as tolerated through this timeframe
Manual Techniques	Manual Techniques
Gentle patella mobilizations as needed at 6 weeks PROM may be performed beyond 90 degrees	Any as indicated
Modalities	Modalities
Any as Indicated	Any as Indicated
Goals	Goals
Normal gait on all surfaces without brace Single leg stance with eyes closed for at least 10 seconds 0-120 degrees ROM	Full ROM No pain with ADL's Quad strength at least 4+/5

Weeks Twelve To Sixteen	Weeks Sixteen To Discharge
Evaluate	Evaluate
<p>Any excessive joint laxity HEP compliance Patella mobility / crepitus Balance / single leg stance</p>	<p>Isokinetic Strength testing per physician request at 16 weeks Address any deficits that may limit return to work or sport goals</p>
Therapeutic Exercise	Therapeutic Exercise
<p>Progress balance activity to single leg dynamic activity and unstable surfaces at 14 weeks May begin CFA at 12 weeks (with physician approval) May initiate cardiovascular activity (walking, swimming, and elliptical) at 12 weeks with a physician approval</p>	<p>Sports specific exercises Encourage participation in the CFA Complete agility and running activity with good test results and physician approval at 16 weeks</p>
Goals	Goals
<p>5-/5 strength with manual testing by week twelve Good stability across tibiofemoral joint May complete exercise independently with intermittent follow up appointments when above criteria is met (Typically 10 to 12 weeks)</p>	<p>Strength of quadriceps and hamstrings no less than 85% per isokinetic test at 12 weeks Discharge with full return to work or sport activity</p>