



<b>Weeks Six To Eight</b>	<b>Weeks Eight To Ten</b>
<b>Evaluate</b>	<b>Evaluate</b>
Gait and brace needs Quad Contraction ROM Balance	Any ROM restrictions HEP compliance Balance
<b>Patient Education</b>	
D/C brace if good quad contraction May need single axillary crutch to normalize gait	
<b>Therapeutic Exercise</b>	<b>Therapeutic Exercise</b>
Progress to light closed chain exercises for quad contraction and proprioception (partial wallslide and leg press) at 8 weeks Bilateral dynamic balance activity	Initiate squatting, lunging, and step-up progressions as tolerated through this timeframe Progress to closed chain exercises on unstable surfaces at week 10
<b>Manual Techniques</b>	<b>Manual Techniques</b>
Patella mobilizations as indicated PROM and joint mobilization as indicated	Patella mobilizations as indicated PROM and posterior capsule stretch as indicated
<b>Modalities</b>	<b>Modalities</b>
Any as Indicated	Any as Indicated
<b>Goals</b>	<b>Goals</b>
Normal gait without crutches or immobilizer by week 8 Single leg stance with eyes closed for at least 10 seconds 0-125 degrees ROM Quad strength 4/5 by week 8	No pain with ADL's Quad strength at least 4+/5 Normal ROM

Weeks Ten To Sixteen	Weeks Sixteen To Discharge
<b>Evaluate</b>	<b>Evaluate</b>
Any excessive joint laxity HEP compliance Patella mobility / crepitus Balance / single leg stance	Isokinetic Strength testing per physician request at 16 weeks Address any deficits that may limit return to work or sport goals
<b>Therapeutic Exercise</b>	<b>Therapeutic Exercise</b>
Progress Isotonic strength training to include movement in multiple planes at 10 weeks Progress balance activity to single leg dynamic activity and unstable surfaces at 14 weeks Cardiovascular training at 12 weeks (bike, swim and elliptical) with physician approval May begin CFA at 12 weeks (with physician approval)	Sports specific exercises Encourage participation in the CFA Complete agility/ running activity with good isokinetic/FMS test results and physician approval at 16 weeks
<b>Goals</b>	<b>Goals</b>
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)	Strength of quadriceps and hamstrings no less than 85% per isokinetic test at 16 weeks Discharge with full return to work or sport activity