General notes:
“As tolerated” should be understood to be with safety for the repair; pain, limp, swelling, or other undesirable factors are indicators that you are doing too much too soon. If any of these should occur, decrease activity level, ice and elevate the leg.
Ice should be applied to the knee for 15-20 minutes following each exercise, therapy, or training session.
Return to sport based on provider team (physician, physician assistant, athletic trainer, therapist) input and appropriate testing.
All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers

**Weeks 0 to 2: Protective Phase**
**Brace:** None
**Weight Bearing:** Non weight bearing with crutches
**ROM Goals:**
- **Extension (straight):** Full
- **Flexion (bent):** 60 degrees
**Therapeutic Exercises:**
- **Strengthening:** Quad sets (squeeze thigh muscles tight), four-way SLR (four direction straight leg raises: forward, backward, inside, outside)
- **Conditioning:** UBE (upper body exercise bike)
**Manual Therapy:** Patellar mobilization (knee cap slides: up, down, side to side)
**Cryotherapy (ice treatments):** Six to eight times a day for 20 minutes

**Weeks 3 to 4 Motion Phase**
**Weight Bearing:** non-weight bearing with crutches
**ROM Goals:**
- **Extension:** Full
- **Flexion:** 90 degrees
**Therapeutic Exercises:**
- **Strengthening:** Quad sets, four-way SLR
**Conditioning:** UBE
**Manual Therapy:** Patella and joint mobilization, passive knee flexion (not using your leg muscles to bend your knee) to 90 degrees, peri-patellar (around knee cap) soft tissue mobilization
Weeks 5 to 6: Strengthening Phase

Weight Bearing: Non weight bearing with crutches

ROM Goals:
- Extension: Full
- Flexion: 120 degrees

Therapeutic Exercises:
- Strengthening: 4-way SLR
- Conditioning: UBE, Stationary bike less than 15 minutes with minimal resistance
- Manual Therapy: Patella and joint mobilization, passive knee flexion to 120 degrees, peripatellar soft tissue mobilization

Weeks 7 to 8: Advanced Strengthening Phase

Weight Bearing: Weight bearing progression as tol

ROM: Full

Therapeutic Exercises:
- Strengthening: Initiate Closed chain activities, Hamstrings exercises
- Proprioception: Weight shifting, Single leg balance activities
- Conditioning: UBE, Stationary bike
- Manual Therapy: Patellar and joint mobilization

Weeks 9-12: Early Sport Phase

Weight Bearing: complete progression to FWB without crutches if needed, Full

Therapeutic exercises:
- Strengthening: Progress Closed chain, continue hamstrings
- Proprioception: Weight shifting, Single leg balance
- Conditioning: UBE, Stationary bike, Elliptical, Cross trainer
BEGIN straight running on treadmill (when pt has normal pain free reciprocal heel to toe gait)

Month 4-6: Conditioning/Sport Phase

Therapeutic Exercises:
- Strengthening: Closed chain, Multi plane single leg, Hamstrings
- Proprioception: Weight shifting, Excursion testing, Balance activities
- Conditioning: Continue UBE, Stationary Bike, Elliptical machine, Ski machine
BEGIN running outside, cutting and jumping activities