

Phase I – Maximum Protection

Weeks 0 to 2:

- WBAT with use of ambulatory aid as needed

Goals

- Reduce inflammation
- Restore patella mobility with manual mobilizations
- Full range of motion progressing as tolerated

Exercise progression

- Quadriceps setting using NMES as needed
- Multi-plane straight leg raising
- Balance and proprioception drills
- Gait training

Phase II – Progressive Stretching and Early Strengthening

Weeks 2 to 4:

Goals

- Full weightbearing
- Restore full knee ROM (Goal: 0 to 110 degrees)
- Normalize gait mechanics

Exercise progression

- Multi-plane open and closed kinetic chain hip strengthening
- Step-up progression
- Stationary biking and treadmill/outdoor walking
- Proprioception drills
- Gait training – forward/backward walking, side/side in front of mirror

Weeks 4 to 6:

Goals

- Control inflammation
- Full knee range of motion
- Increase strength and muscular endurance

Exercise progression

- Leg press, mini squats, hamstrings curls
- Continue with stationary bike and walking program
- Deep water and shallow water walking pool program when incisions are completely healed

Phase III/IV – Advanced Strengthening and Endurance Training

Weeks 6 to 12:

Goals

- Full knee flexion and extension with terminal stretch
- Progressive strengthening
- Increase muscular endurance

Exercise progression

- **May begin as instructed by physician and therapist**
 - Outdoor biking/hiking
 - Swimming

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- Elliptical
- Interval golf program
- Interval tennis program
- Skiing progression

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