

Name: _____

Dr: Matthew Rasmussen

Date: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Flexion/Extension heel slide series (passive return to extension)	●	●	●	●	●	●	●	●							
Flexion ROM progression	! 20° x 2 weeks, ! 45° until week 4, ! 70° until week 6, then gradually work toward full ROM														
Heel prop knee extension	●	●	●	●	●	●	●	●							
Ankle Pumps	●	●	●	●	●	●	●	●							
Belt assisted calf stretch	●	●	●	●	●	●	●	●							
Seated hamstring stretch	●	●	●	●	●	●	●	●							
Quad ISO progression	In extension only (no NMES x 4 weeks)							@ 60° KF			All angles				
SLR progression (*NO extensor lag)	NO		Stand		Tall sit		Supine progressions								
Quad isotonic strength progressions	NO		TKE reps – seated/stand					60-0° arc			Full arc				
QUAD PRIORITIES	• Manual proximal patellar glide with quad contraction • Emphasize NO extensor lag (modify exercise position or intensity to assure NO lag) • Gradual progressions into deeper KF angles (↑ tendon load) • Maintain tissue stress ≤4/10 with exercise progressions														
Hamstring strength progressions	NO		ISOs			Gradually ↑ KF angle, ↑ load									
Multi-direction hip strength	Brace on					Progress as tolerated!									
Bridging	NO			Knees extended over ball					Traditional bridge progression!						
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Stationary bike	NO!					ROM only			Slowly progress						
Swimming – light flutter kick	NWB							●	●	●	●	●	●	●	
Walking (no limp)									●	●	●	●	●	●	
Elliptical trainer										●	●	●	●	●	
Stair stepper											●	●	●	●	
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Marching	NWB					●	●	●	●						
Single leg balance progressions							●	●	●	●					
Squat/leg press (gradually shallow→deep, 2→1 leg)						NO			≤45°, ISOs			Gradually ↑ depth, load			
Weight shift isometric hold over step								●	●	●	●	●	●	●	
Step-up/down									2" TKE			Gradually ↑ height			
Hip hinging/dead lift						●	●	●	●	●	●	●	●	●	●
Testing	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Physical Performance (TRAC) Testing	Baseline testing @ 6 months, f/u test @ 12 months														
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf													●	●	
Outdoor biking, hiking, snowshoeing														●	

****NMES & BFR encouraged (per any contraindications)****

PRECAUTIONS	NO quad activation into knee extension x 6 weeks, NO full arc quad x 12 weeks
ABBREVIATIONS	(ISO) Isometric, (KF) knee flexion, (LAQ) Long arc quad, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension

ROM RESTRICTIONS

PROM ! 20° x 2 weeks, ! 45° until week 4, 70° until week 6, then gradually work toward full ROM

*Passive movement into knee extension x 4 weeks

BRACE SETTINGS

Immobilizer x 6 weeks

Weight Bearing status

NWB x 6 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)