

POST-OP DAYS 1 – 14

- Dressing:
 - POD 1: Debulk dressing, TED Hose in place
 - POD 2: Change dressing, keep wound covered, continue TED Hose
 - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 8 weeks – Locked in extension for ambulation
- Crutches – Partial weight bearing (PWB) in brace (no more than 50% of body weight)
- Patellar mobilization (teach patient)
- Calf pumping
- AAROM, AROM 0-90 degrees
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads/hams
- Straight leg raise (SLR) x 3 on mat in brace – **No ADD**
- Short arc quads
- **No stationary bike x 6 weeks**
- Ice pack with knee in full extension after exercise

GOALS

- Pain/effusion control
 - Good quad control
-

Weeks 2 - 4

- Brace x 8 weeks – Open to 0-45 degrees
- Crutches – PWB in brace
- Continue appropriate previous exercises
- Scar massage when incision healed
- AAROM, AROM 0-90 degrees only
- Total Gym for ROM (level 1-3)

- Passive flexion to 90 degrees (push up with opposite leg)
- SLR x 3 on mat, no brace if good quad control – **No ADD**
- Double leg heel raises
- **No stationary bike x 6 weeks**
- Stretches – Hamstring, Hip Flexors, ITB

GOALS

- ROM 0-90 degrees
 - No extensor lag
-

WEEKS 4 - 6

- Brace x 8 weeks – Open to 0-90 degrees
- Crutches – PWB in brace
- Continue appropriate previous exercises
- AAROM, AROM 0-120 degrees
- Standing SLR x 3 with light Theraband bilaterally
 - May begin Hip ADD with Theraband if good LE control in full extension
- Total Gym (level 3-5)– Mini squats 0-45 degrees
 - Passive flexion to 90 degrees (push up with opposite leg)
- Leg press 0-45 degrees with resistance up to ¼ body weight
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
- **No stationary bike x 6 weeks**

GOALS

- ROM 0-120 degrees
 - No effusion
-

WEEKS 6 - 8

- Brace – Open to full range
- Crutches – Weight bearing as tolerated(WBAT), D/C crutch when gait is normal
- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion
- Standing SLR x 4 with light Theraband bilaterally
- Wall squats 0-45 degrees
- Leg press 0-60 degrees with resistance up to ½ body weight
- Hamstring curls through full range – Carpet drags or rolling stool
- Forward, lateral and retro step downs in parallel bars
 - No knee flexion past 45 degrees (small step)

- Proprioceptive training – Single leg standing in parallel bars
 - Double leg BAPS for weight shift
- Single leg heel raises
- Treadmill – Forwards and backwards walking
- Stationary bike – Progressive resistance and time
- Elliptical trainer

GOAL

- Full ROM
-

WEEKS 8 - 12

- D/C Brace
- Continue appropriate previous exercises with progressive resistance
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls on weight machine
- Knee extension weight machine
- Forward, lateral and retro step downs (medium to large step)
- Proprioceptive training – Single leg BAPS, ball toss and body blade, Grid exercises
- Treadmill – Walking progression program
- Stairmaster – Small steps
- Pool therapy

GOAL

- Walk 2 miles at 15 min/mile pace
-

MONTHS 3 - 4

- Continue appropriate previous exercises
- Fitter
- Slide board
- Functional activities – Figure 8s, gentle loops, large zigzags
- Treadmill – Running progression program
- Pool therapy – Swimming laps
- Quad stretches

GOAL

- Run 2 miles at easy pace

MONTHS 4 - 6

- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Sit-up progression
- Running progression to track
- Transition to home / gym program

GOAL

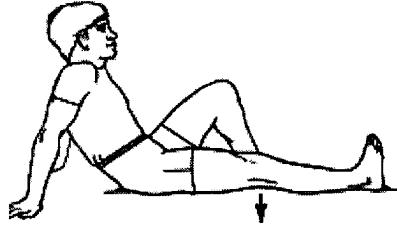
- Return to all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****

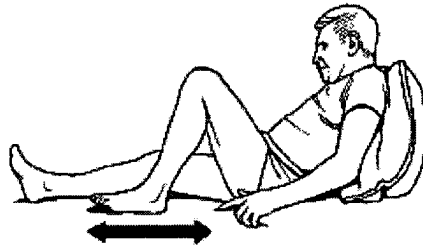
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

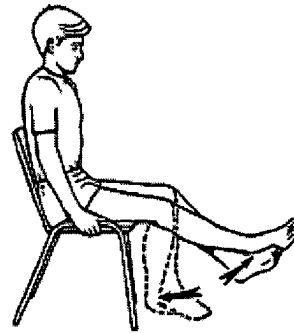
Quad Isometrics



Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day

