

	POST OP WEEK				POST OP MONTH		
	1-2w	3-4w	5-6w	7-12w	4-5m	6-9m	9-12m
<b>Brace*</b> Hinged P.O. ROM brace	0-60	0-60	0-90	FROM			
<b>Weight-bearing*</b> (heel –toe gait, foot 0°)	TWB	TWB	PWB	FWB	FWB	FWB	FWB
<b>ROM Goal*</b>	0 - 60	0 - 60	0 - 90	0-FULL	0-FULL	0-FULL	0-FULL
<b>ROM exercises (within set ROM)</b>							
Active assisted knee flex/ext (foot sliding)	✓	✓	✓	✓			
Active knee flex/ext (foot sliding)	✓	✓	✓	✓			
<b>Oedema management</b> (RICE)	✓	✓	✓	As reqd	As reqd	As reqd	As reqd
<b>Stretching</b> (heel hangs)	✓	✓	✓	✓	As reqd	As reqd	As reqd
Hamstring, calf	✓	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	✓	As reqd	As reqd	As reqd
<b>Strengthening</b> Isometric quads/SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain gait re-ed (protected weightbearing as required)							
mini squats, wall slides (weightbearing allowed) toe standing	✓	✓	✓	✓	✓	✓	✓
Open chain knee extension		90-30	90-30	90-30	90-30	✓	✓
Hamstring curls			✓	✓	✓	✓	✓
Leg press		✓	✓	✓	✓	✓	✓
Hip extn, abd, add (avoid varus/valgus stresses on knee)	✓	✓	✓	✓	✓	✓	✓
	<b>1-2W</b>	<b>3-4W</b>	<b>5-6W</b>	<b>7-12W</b>	<b>4-5M</b>	<b>6-9M</b>	<b>9-12M</b>
<b>Cardiovascular</b> Stationary bicycle/Swim, straight kick			✓	✓	✓	✓	✓

Step machine				✓	✓	✓	✓
Running -straight						✓	✓
<b>Proprioception</b> (eg. weight transfers, balance board, mini tramp)			✓	✓	✓	✓	✓
<b>Dynamic stability</b> (eg stepping on/off different surfaces and in all directions)				✓**	✓	✓	✓
<b>Sport specific/agility drills</b> (eg. Shuttle runs, cariocas, figure 8s)					✓**	✓	✓
<b>Plyometrics</b> (eg bounding, hopping, jumping)					✓**	✓	✓
<b>Activities</b>							
Work – sedentary		✓	✓	✓	✓	✓	✓
Work - heavy				✓****	✓****	✓	✓
Driving				8w	✓	✓	✓
Full sports							✓

