POST OP WEEK POST OP MONTH 3-4w 7-12w 4-5m 9-12m 1-2w 5-6w 6-9m FROM FROM FROM FROM **Brace** Hinged P.O. ROM brace T-PWB T-PWB Weight-bearing (normal gait pattern ASAP) FWB FWB FWB FWB FWB Varus knees FWB FWB Normal knee alignment FWB FWB FWB FWB FWB 0 - 70 0 - 90 0 - 110 0-FULL 0-FULL 0-FULL 0-FULL ROM Goal

CM Gupte – REHABILITATION PROTOCOL ACL/PLC

ROM exercises (within set ROM)							
Active assisted knee flex/ext (foot sliding)	~	~	~	~			
Active knee flex/ext (foot sliding, except biceps reattachment)	~	~	~	~			
Passive knee flex (proximal tibial force directed anteriorly)	~	~	~	~			
Oedema management (RICE)	~	~	~	As reqd	As reqd	As reqd	As reqd
Stretching							
Hamstring, calf	~	~	~	~	~	~	~
Patella mobilisations	~	~	~	~	As reqd	As reqd	As reqd
Strengthening Isometric quads/SLR	~	~	~	~	~	~	~
Closed chain (gait re-ed protected weightbearing as required)	~	~	~	~	~	~	~
mini squats, wall slides (allowed to weightbear) toe standing	~	~	~	~	~	~	~
Open chain knee extension	90-30	90-30	90-30	90-30	90-30	~	~
Hamstring curls				~	~	~	~
	1-2W	3-4W	5-6W	7-12W	4-5M	6-9M	9-12M
Leg press		~	~	~	~	~	~
Hip extn, abd, add (avoid varus/valgus stresses on knee)							

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

* progressed within limits of pain, swelling and muscle control. **Dependent on type of employment / sport