

	Post –op Week				Post-op Month		
	1-2w	3-4w	5-6w	7-12w	4-5m	6-9m	9-12m
Brace Hinged P.O. ROM brace	0-70	0-70	0-70	FROM	FROM	FROM	FROM
Weight-bearing (normal gait pattern ASAP)	See post –op instructions			FWB	FWB	FWB	FWB
ROM Goal	0 - 70	0 - 70	0 - 70	0-FULL	0-FULL	0-FULL	0-FULL
ROM exercises (within set ROM)							
Active assisted knee flex/ext (foot sliding)	✓	✓	✓	✓			
Active knee flex/ext (foot sliding, NO resistance)	0-60	0-60	0-60	0-70			
Passive knee flex (proximal tibial force directed anteriorly)	✓	✓	✓	✓			
Oedema management (RICE)	✓	✓	✓	As reqd	As reqd	As reqd	As reqd
Stretching Hamstring, calf, ITB, Patella mobilisations	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ As reqd	✓ As reqd	✓ As reqd
Strengthening Isometric quads/SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain (gait re-ed, mini squats within ROM limits, toe standing,)	✓	✓	✓	✓	✓	✓	✓
Wall slides	0-30	0-45	0-60	0-60	✓	✓	✓
Open chain knee extension	70-0	70-0	70-0	70-0	70-0	90-0	90-0
Hamstring curls					✓	✓	✓
Leg press				✓	✓	✓	✓
Hip extn, abd, add (avoid stresses on knee)	✓	✓	✓	✓	✓	✓	✓
	1-2w	3-4w	5-6w	7-12w	4-5m	6-9m	9-12m

Cardiovascular	Stationary bicycle –no toe traps			✓	✓	✓	✓
	Step machine /swimming straight kick				✓	✓	✓
	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			8/52	✓	✓	✓
	Sports						✓*

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