

	WEEK	RANGE OF MOVEMENT	WEIGHT BEARING	STRENGTHENING	GOALS
PHASE 1 Post operative	<u>In-patient</u> Post-Op 0 – 6 hours	Rest in full extension splint	Non-weight bear	Circulatory Exercises	Allow early cell adherence
PHASE 2 Proliferation/ Protective	<u>6hours – Day 3</u>	Continuous passive movement machine. 0°-30° (as comfort allows), for 4-12 hours per day. Limit active range of movement 0°-30° in splint	Weight bear to comfort	Low resistance isometric exercises. Multi-angle Q and H contractions, including early proprioceptive exercises. OKC exercises 0° - 30°, no resistance, concentric and eccentric work. Maintenance exercises for rest of body	Restore full passive extension Prevent adhesions Aid joint nutrition Pain relief Reduce deconditioning Improve confidence Restore function for discharge home
	From Discharge home	Passive patella mobilisations.			Prevent patellofemoral adherence which may limit normal physiological range
	Week 3			Active exercises against gravity	Increase strength
	Week 4			Add low resistance to active exercises. Vary speed of contractions Low resistance stationary cycling (1 legged)/Unicam bike®) CKC exercises (as weight bearing allows) Hydrotherapy	Continue to increase strength and proprioception Improve cardio-vascular and muscle endurance Physiological benefits gained from exercise
PHASE 3 Transitional/ Loading	Week 6	No limit to passive movement Care with active 50°-30° range		Progress duration and resistances. Low resistance stationary cycling OKC Q working between 0°-30° and 90°-50° Active assisted OKC Q 50°-30° Early plyometric exercises. Correct muscle balance as indicated	As transitional stage of repair is reached beneficial loading is increased in 'safe' range Improve strength, power and endurance Promote neuromuscular responses Improve range of motion
	Week 7	Driving if can perform an Emergency Stop			
	Week 9			Dynamic strength training. Progress proprioceptive exercises	Increase dynamic stability and balance

PHASE 4 Strengthening	Month 3	No limit to active movement		Unrestricted static cycling. Stepping & rowing machines. Through range OKC exercises Rest periods between exercise sessions.	Continue to improve strength, power and endurance Varied exercises to prevent staleness. Prevent over-training
	Month 6			Light jogging on a sprung surface. Swimming including breaststroke Independent cycling	Improve sport specific function
	Month 8			Running	Increasing load and functional activities to aid remodeling Increase confidence
PHASE 5 Remodel/ Function	Month 9			Sport specific, agility training	Injury prevention
	Month 12			Earliest return to contact sport	Normal function will encourage continued remodeling

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KEY:
CkC Closed kinetic chain
H Hamstrings
OKC Open kinetic chain
Q Quadriceps