

Name: \_\_\_\_\_

Dr: Benjamin Petre, MD

Date: \_\_\_\_\_

● = Do exercise for that week

Week

**ROM RESTRICTIONS**

0-0 Week 1-2  
0-30 Week 3  
0-45 week 4  
0-60 week 5  
0-75 week 6  
0-90 Week 7

As tolerated  
Week 8+

**BRACE SETTINGS**

Locked in ext  
from week 0-2  
then follow  
ROM.

**Weight Bearing status**

WBAT with  
knee locked in  
extension

**TIME LINES**

Week 1 (1-7POD)  
Week 2 (8-14POD)  
Week 3 (15-21POD)  
Week 4 (22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization - gentle	●	●	●	●	●	●	●	●						
Quad series - gentle					●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises						●	●	●						
Balance series						●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance						●	●	●	●					
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Aquajogging							●	●	●	●	●	●	●	●
Treadmill – walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins							●	●	●	●	●	●	●	●
Elliptical trainer									●	●	●	●	●	●
Rowing									●	●	●	●	●	●
Stair stepper										●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends							●	●	●	●	●	●	●	
Double leg bridges							●	●	●	●				
Reverse lunge – static hold							●	●	●	●				
Beginning cord exercises							●	●	●	●	●			
Balance squats										●	●	●	●	●
Single leg deadlift										●	●	●	●	●
Leg press										●	●	●	●	●
Sports Test exercises											●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial – single plane												●	●	●
Advance – multi directional													●	●
Functional sports test													●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf											●	●	●	●
Outdoor biking, hiking, snowshoeing											●	●	●	●
Skiing, basketball, tennis, football, soccer													●	●

Therapist Name: \_\_\_\_\_