

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

● = Do exercise for that week

Week

**ROM RESTRICTIONS**  
0-Tolerance for 6 weeks

**BRACE SETTINGS**  
0-0 x 2 weeks

**Weight Bearing status**  
Partial weight bearing x 2 weeks

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

<b>Initial Exercises</b>	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	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets						●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises					●	●	●	●						
Balance series							●	●	●	●	●	●	●	●
<b>Cardiovascular Exercises</b>	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										●	●	●	●	●
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends						●	●	●	●	●	●	●	●	
Double leg bridges						●	●	●	●	●	●			
Leg press – double leg								●	●	●	●			
Beginning cord exercises							●	●	●	●	●			
Balance squats									●	●	●	●	●	●
Deadlift										●	●	●	●	●
Leg press – single leg										●	●	●	●	●
Sports Test exercises											●	●	●	●
<b>Agility Exercises</b>	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													●	●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf												●	●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Skiing, basketball, tennis, football, soccer													●	●