These are rehabilitation guidelines for OSU Sports Medicine patients. Please contact us at 614-293-2385 if you have any questions.

Rehabilitation Precautions
- Patient will remain in long-leg post-operative brace for 8 weeks gradually increasing weightbearing status from none/toe-touch to full
- AROM is restricted to 110° for the first two weeks
- AROM is progressed to 135° after two weeks

Weeks 1-2
- Long-leg brace
- Weightbearing
  - None to toe-touch
- Patellar mobilizations
- Modalities for pain/edema management
  - Cryotherapy
  - Electrical Stimulation
- AROM up to 110°
- Stretching
  - Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps
- Strengthening
  - Quad sets
  - Straight leg raises
  - Active knee extension

Weeks 3-4
- Long-leg brace
- Weightbearing
  - 25% body weight
- Patellar mobilizations
- Modalities for pain/edema management
  - Cryotherapy
  - Electrical Stimulation
- AROM up to 135°
- Stretching
  - Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps
- Strengthening
  - Quad sets
  - Straight leg raises
  - Active knee extension
  - Closed-chain exercises: toe raises, mini-squats, wall sits, TKE
- Conditioning
  - UBE
Weeks 5-6

- Long-leg brace
- Weightbearing
  - 50% to 75% body weight
- Patellar mobilizations
- Modalities for pain/edema management
  - Cryotherapy
  - Electrical Stimulation
- Stretching
  - Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps
- Strengthening
  - Quad sets
  - Straight leg raises
  - Active knee extension
  - Closed-chain exercises: toe raises, mini-squats, wall sits, TKE
  - Leg Press (70°-10°)
- Conditioning
  - UBE
  - Stationary bike
  - Aquatics program

Weeks 7-8

- Long-leg brace
- Weightbearing
  - 75% to full weight
- Patellar mobilizations
- Modalities for pain/edema management
  - Cryotherapy
- Stretching
  - Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps
- Strengthening
  - Quad sets
  - Straight leg raises
  - Active knee extension
  - Closed-chain exercises: toe raises, mini-squats, wall sits
  - Leg press (70-10°)
  - Hip abduction/adduction and/or multi-hip machine
  - Knee flexion hamstring curls (90°)
  - Knee extension quadriceps (90-30°)
  - Core strengthening
- Conditioning
  - UBE
  - Stationary bike
  - Aquatics program

Weeks 9-12

- Modalities for pain/edema management
  - Cryotherapy
- Stretching
  - Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps
- **Strengthening**
  - Quad sets
  - Straight leg raises
  - Active knee extension
  - Closed-chain exercises: toe raises, mini-squats, wall sits
  - Leg Press (70-10°)
  - Hip abduction/adduction and/or multi-hip machine
  - Knee flexion: hamstring curls (90°)
  - Knee extension: quadriceps (90-30°)
  - Core strengthening

- **Balance/Proprioceptive Training**
  - Weight-shifts
  - Mini trampoline
  - BAPS board
  - Step-downs
  - BOSU mini-squats

- **Conditioning**
  - Stationary bike
  - Aquatics program
  - Swimming (kicking motion)
  - Walking
  - Stairclimber/elliptical

- **Sport-Specific Activity**
  - Jogging/running in a straight line

**4 Months**
- Modalities for pain/edema management
  - Cryotherapy

- **Stretching**
  - Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps

- **Strengthening**
  - Leg press (70-10°)
  - Hip abduction/adduction steamboat and/or multi-hip machine
  - Knee flexion: hamstring curls (90 degrees)
  - Knee extension: quadriceps (90-30 degrees)
  - Core strengthening

- **Balance/Proprioceptive Training**
  - Weight-shifts
  - Mini trampoline
  - BAPS board
  - Step-downs
  - BOSU mini-squats
  - Plyometric progression

- **Conditioning**
  - Stationary bike
  - Aquatics program
  - Swimming (kicking motion)
• Walking
• Stairclimber/elliptical

• Sports-specific exercise (50-75%)
  o Line jumps
  o Carioca
  o Ladder drills

5 Months

• Modalities for pain/edema management
  o Cryotherapy

• Stretching
  o Hamstrings, gastrocnemius/soleus, iliotibial band, quadriceps

• Strengthening
  o Leg Press (70-10°)
  o Hip abduction/adduction steamboat and/or multi-hip machine
  o Knee flexion: hamstring curls (90°)
  o Knee extension: quadriceps (90-30°)

• Balance/Proprioceptive Training
  o Weight-shifts
  o Mini trampoline
  o BAPS board
  o Step-downs
  o BOSU mini-squats
  o Plyometric progression

• Conditioning
  o Stationary bike
  o Aquatics program
  o Swimming (kicking motion)
  o Walking
  o Stairclimber/elliptical

• Sports-specific exercise (75-100%)
  o Line jumps
  o Carioca
  o Ladder drills

6 Months

• Maintain the above therapeutic exercise plan at six months

• Sport-Specific Activity (75-100%)
  o Running straight
  o Cutting movements
    ▪ Carioca
    ▪ Figure 8s
    ▪ 45 degree cuts
    ▪ 90 degree cuts

• Return to Sport
References:

