



**Weeks 2-4**                    **Primary goals: Increase ROM; Increase total leg strength; Normalize gait**

- Discontinue brace (if possible)
- ROM as tolerated (minimum 0-110<sup>0</sup>), emphasis on full extension
- Emphasize patellar mobilization
- Stationary bike
- Step ups: anterior – 4 inches @ 2 weeks; 6 inches @ 3 weeks
- Balance board – Bilateral: frontal and sagittal planes
- Half squats
- Multi-angle isometrics, leg raises (4 planes), hamstring/calf stretching
- BAPs – FWB
- Unilateral stance Leg press – Bilateral 0-90<sup>0</sup>

**Weeks 4-6**                    **Primary goals: Normal ADLs; Increase functional capacity; Increase strength**

- ROM – WNL
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 8 inches
- Step ups – Anteromedial: 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Hamstring curls
- Unilateral squats
- Unilateral stance on trampoline
- Leg press – unilateral

**Weeks 6-12**                    **Primary goals: Increase functional leg strength; Normalize balance and proprioception**

- 2# ball toss on trampoline – unilateral stance – increase dispersion with improved control
- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Stairmaster – contralateral rotation and straight
- Sliding board
- Emphasize eccentric quad
- Continue closed chain, step ups, mini squats, leg press
- Hip abduction/adduction, calf raises

**Weeks 12-16**      **Primary goals: Increase agility and speed of training;  
Normalize strength; Increase muscular endurance**

- Initiate Plyometrics
- Initiate running program (\*16 weeks for allograft)
- Initiate agility drills
- Sport specific training
- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume
- Fitter side-side

**Months 4-6**      **Primary goals: Gradual return to athletic activity**

- Jumping
- Unilateral hopping
- Agility drills; running, cutting
- Accelerate sport specific drills and training
- Return to sport typically after 9 months, per MD

**Months 6-12**      **Primary goals: discharge into home program;  
release to full sport participation**

- Decision for full return to sport is based on peer-reviewed physical testing and performance in sport-specific drills