

	POST OP WEEK				POST OP MONTH		
	1-2w	3-4w	5-6w	7-12w	4-5m	6-9m	9-12m
Brace* Hinged P.O. ROM brace	0-60	0-60	0-90	FROM			
Weight-bearing* (heel –toe gait, foot 0°)	TWB	TWB	PWB	FWB	FWB	FWB	FWB
ROM Goal*	0 - 60	0 - 60	0 - 90	0-FULL	0-FULL	0-FULL	0-FULL
ROM exercises (within set ROM)							
Active assisted knee flex/ext (foot sliding)	✓	✓	✓	✓			
Active knee flex/ext (foot sliding)	✓	✓	✓	✓			
Oedema management (RICE)	✓	✓	✓	As reqd	As reqd	As reqd	As reqd
Stretching (heel hangs)	✓	✓	✓	✓	As reqd	As reqd	As reqd
Hamstring, calf	✓	✓	✓	✓	✓	✓	✓
Patella mobilisations	✓	✓	✓	✓	As reqd	As reqd	As reqd
Strengthening Isometric quads/SLR	✓	✓	✓	✓	✓	✓	✓
Closed chain gait re-ed (protected weightbearing as required)							
mini squats, wall slides (weightbearing allowed) toe standing	✓	✓	✓	✓	✓	✓	✓
Open chain knee extension		90-30	90-30	90-30	90-30	✓	✓
Hamstring curls			✓	✓	✓	✓	✓
Leg press		✓	✓	✓	✓	✓	✓
Hip extn, abd, add (avoid varus/valgus stresses on knee)	✓	✓	✓	✓	✓	✓	✓
	1-2W	3-4W	5-6W	7-12W	4-5M	6-9M	9-12M
Cardiovascular Stationary bicycle/Swim, straight kick			✓	✓	✓	✓	✓

Step machine				✓	✓	✓	✓
Running -straight						✓	✓
Proprioception (eg. weight transfers, balance board, mini tramp)			✓	✓	✓	✓	✓
Dynamic stability (eg stepping on/off different surfaces and in all directions)				✓**	✓	✓	✓
Sport specific/agility drills (eg. Shuttle runs, cariocas, figure 8s)					✓**	✓	✓
Plyometrics (eg bounding, hopping, jumping)					✓**	✓	✓
Activities							
Work – sedentary		✓	✓	✓	✓	✓	✓
Work - heavy				✓****	✓****	✓	✓
Driving				8w	✓	✓	✓
Full sports							✓

