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MEDIAL REEFING

Post-Operative Guidelines

Phase 1: Week 0-2

1. Home Exercise Program (in & out of immobilizer)
 - a. Quad Sets
 - b. Knee squeezes
 - c. Straight leg raises in brace (if able without much pain)—May need to do standing
 - d. Ankle plantar flexion
 - e. Hip abduction &/or extension in brace—may need to do standing
 - f. ROM 0-30
2. Goals
 - a. Allow soft tissue to begin to heal & scar down
 - b. Facilitate quad contraction
 - c. 0-30
 - d. FWB in immobilizer or locked drop-lock brace

Phase II: Weeks 2-4

1. Home Exercise Program
 - a. Same
 - b. Hip exercises on mat, including adduction (side or supine)
 - c. SAQ as able
 - d. Ankle PRE's with brace on to avoid torque to knee
 - e. Single leg balance in/out of brace
 - f. ROM as tolerated to > 90
2. Goals
 - a. 0-90
 - b. May d/c immobilizer when quad control allows—for ambulation in clinic and home—continue when outdoors
 - c. **OR**—Open brace to 10-20 degrees < available AROM
 - d. FWB
 - e. Good quad tone

Phase III: Weeks 4-8

1. Home Exercise Program
 - a. Continue—begin pushing ROM
 - b. More aggressive quad work
2. Rehabilitation Exercises
 - a. Begin PRE's—caution with quad work
 - b. May add weights to SLR, SAQ, LAQ
 - c. Single leg balance on unstable surfaces
 - d. Step-ups/ step downs
 - e. SKEWT Step-ups
 - f. Short squats
 - g. Standing hip abduction/extension with resistance
 - h. Lateral band walking
 - i. Progress PRE's as tolerated
 - j. Bike, elliptical, treadmill
3. Goals
 - a. FROM
 - b. Normal Gait
 - c. 4/5 quad/hip

Phase IV: Weeks 8-12

1. Home Exercise Program
 - a. Discontinue
2. Rehabilitation Exercises
 - a. If tone, control, swelling, and MD allow, may begin Pre-running drills
 - b. Progress to jogging on level ground if PRD are mastered
 - c. Continue PRE's & balance work 3 x/week
3. Goals
 - a. 5-/5 strength
 - b. Able to jog 1 mile with no swelling, limp, pain
 - c. Good balance, control

Phase V: Weeks 12 +

1. Rehabilitation Exercises
 - a. Continue PRE's & balance work 3 x/week
 - b. Running 3 x/week—up to 1 mile on flat surface
 - c. If running 1 mile & tolerates light speed work, may begin sport-specific drills
2. Goals
 - a. 5/5 strength—80-90% of unaffected leg
 - b. Run without limp > 1 mile
 - c. Able to begin progression of returning to sport
 - d. Independent exercise program