



Repair Type: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

	Weight bearing Status	Brace	Range of Motion	Recommended Therapeutic Exercises	<b>PATIENT'S CHECKLIST</b>
Week 1-3	Toe touch, weight bearing  <b>Crutches: Yes</b>	Yes	<b>0-60° only until week 2</b>  <u>Then</u> 0-90° only til week 6  Do not exceed 90 degrees	<ol style="list-style-type: none"> <li>1. Modalities as needed to decrease pain and swelling</li> <li>2. Heel slides to increase flexion ROM, as needed</li> <li>3. Isometric hip adduction</li> <li>4. Quadriceps sets</li> <li>5. Static weight lifts</li> <li>6. Hamstring curls</li> <li>7. Hip adduction and abduction, as tolerated</li> <li>8. SportCord exercises: knee extension, leg press (sitting or supine)</li> <li>9. Stationary bicycle: low resistance, as tolerated</li> </ol>	<input type="checkbox"/> Day 1: take off Ace-wrap  <input type="checkbox"/> Take Aspirin as recommended daily for 30 days (unless other medication was prescribed)  <input type="checkbox"/> Focus on regaining <b>FULL EXTENSION</b>  <input type="checkbox"/> Exercise 4x-6x daily and use Ice  <input type="checkbox"/> <b>Keep up with range of motion</b> 0-60° only until week 2 0-90° only until week 6
Week 4-6	Progress to Full weight	YES	0-90 Degrees for 6 weeks  Do not exceed 90 degrees	<ol style="list-style-type: none"> <li>1. Continue ROM and strengthening exercises, as needed</li> <li>2. Add step-downs/ups, lunges, and/or partial squats as tolerated</li> <li>3. Add eccentric quadriceps and hamstring exercises</li> <li>4. Increase resistance on stationary bicycle</li> <li>5. Continue strengthening exercises</li> <li>6. Progress to outdoor running (e.g., track) and agility drills</li> <li>7. Add plyometric exercises as needed</li> <li>8. Begin practicing skills specific to the activity (i.e., work, recreational activity, sport, etc.)</li> </ol>	<input type="checkbox"/> Do not exceed 90 degrees  <input type="checkbox"/> Swelling AND/OR bruising may pool behind the knee, ankle, and foot (normal). IF you have persistent calf pain, call the office.  <input type="checkbox"/> <b><u>Make appointment with physical therapy, START 3-7 days after surgery.</u></b>
Week 6+	Full	Taper off	Full	<ol style="list-style-type: none"> <li>6. Progress to outdoor running (e.g., track) and agility drills</li> <li>7. Add plyometric exercises as needed</li> <li>8. Begin practicing skills specific to the activity (i.e., work, recreational activity, sport, etc.)</li> </ol>	