



Read me!

Mobility work should be done throughout the day. **Frequency will beat intensity here.** The LLLD extension stretch should have a goal of ACCUMULATING 60 minutes in this position, no more than 10-15 minutes at a time. Appropriate intensity should be the first 1-2 minutes is easy, but ready to tap out by the 10-15 minute mark. If it's too intense out of the gates, you need to scale as you will "fight it". If you can do it for more than 15 minutes, it may be too easy. Should be working on the bending for 3 minutes out of every 90 minutes you are awake.

Goal is to restore a "quiet knee", PROM: 0 deg ext, 120 deg Flexion, normalize gait (see crutch discharge criteria), and normalize quad function. every hour.

Phase 1 (wks 0-2 post op)

First Week	Sets and Reps	Notes	Daily Mobility
Quad Sets	10x10 sec		Heel Slides
Ankle Pumps/Banded Plantarflexion	x30	Squeeze the calf, flex the quad!	Wall Slides
Strap Calf Stretch	3x30 sec		LLLD Knee Extension
Heel Slides	x20	4-5/10 pain at most	Prone Knee Extension
Glute Squeezes	10x10 sec		Strap Calf Stretch
Second Week	Sets and Reps	Notes	
Quad Sets	10x10 @ 80% effort	Gene Hackman voice "With some effort!!!"	Please Review "appendix" at bottom.
Knee Extension ISOM	10x10 sec @ 50% effort	Begin once you comfortably have 90 deg knee flexion	
Weight Shifts	x 2 min	Nice and easy, just getting comfortable putting weight through the leg.	Phase 1.1 Goals
Standing Calf Raises	2-3x10-12	Once able to comfortably put weight through the floor, begin these. If still difficult, continue with banded series.	Equal, normal knee extension compared to non-surgical side
Standing Hip ABD	2x10-12	Standing on NON-surgical Leg	110 degrees of flexion by PO Day 21
TA Dumbbell Pullovers	2x10-12	Surgical leg straight, quad squeeze!	
Partial Sit-Ups	2x10-12	Surgical leg straight, quad squeeze!	Post-operative trauma resolution (decreased swelling week over week)
Days 14-21	Sets and Reps	Notes	
Bike Rockbacks	8 minutes	Unresisted cycling once able	
Quad Sets	10x10 @ 80% effort	Gene Hackman voice "With some effort!!!"	
Knee Extension ISOM	10 x 10 seconds at 50% effort	@ 70 deg knee bend or more	
Hip Hinge Holds	10x10 seconds	Equal weight through feet, slight knee bend, goal is to maintain spine position and FEEL the hammies! No weight, just sliding hands down legs.	
Standing Hip SLR	2x12-15	Strong Quad!	
Standing Hip ABD	2x12-15	Strong Quad!	
TA Dumbbell Pullovers	3x10-15	Surgical leg straight, quad squeeze!	
Partial Sit-Ups	3x10-15	Surgical leg straight, quad squeeze!	