

# Phase 1.2



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

## Phase 1.2 (wks 3-5 post op)

	Day 1	Sets and Reps	Weight	Notes	Daily Mobility
Warm Up	Stationary Bike	x8-10 min	None		<a href="#">Heel Slides</a>
Primary	<a href="#">Mini- Squats</a>	2x10-12	Bodyweight	Equal Weight through the feet, minimize weight shift, to table or box as tolerated	<a href="#">Wall Slides</a>
Secondary	<a href="#">RDLs</a>	3x8-10	Light	Light Weight, smooth and pretty	<a href="#">LLLD Knee Extension</a>
Secondary	<a href="#">Eccentric Leg Press</a>	24-30 total reps	Light to moderate	As tolerated, low RPE, just get comfortable	<a href="#">Prone Knee Extension</a>
Accessory	<a href="#">Standing Hip ABD</a>	2x12-15 ea	Light band	Standing on both legs now, strong quad!	<a href="#">Strap Calf Stretch</a>
Quad	<a href="#">Knee Ext ISOM</a>	10x10 sec @ 60-70% effort			<a href="#">Prone Quad Stretch</a>
Core	<a href="#">Mini-Sit Ups</a>	3-4 x 10-12	Moderate	Surgical Leg Straight, strong quad!	<a href="#">Quad Foam Roll</a>
	Day 2	Sets and Reps	Weight	Notes	<a href="#">Knee Flexion with Assist</a>
Warm Up	Stationary Bike	x8-10 min	None		<a href="#">Prone Hip Stretch</a>
Primary	<a href="#">Mini- Squats</a>	3x8-10	Bodyweight	Equal weight through the feet, minimize weight shift, to table or box as tolerated	Phase 2 Progression Criteria
Secondary	<a href="#">RDLs</a>	3-4 x 8-10	Light	Light Weight, smooth and pretty	Equal, symmetrical Knee Extension PROM
Secondary	<a href="#">Eccentric Leg Press</a>	24-30 total reps	Light to moderate	As tolerated, low RPE, just get comfortable	
Accessory	<a href="#">Standing Hip ABD</a>	2x12-15 ea	Light band	Standing on both legs now, strong quad!	Normalized gait without assistive device
Quad	<a href="#">Knee Extensions 90-60 deg</a>	3x10 @ >4 RIR		Block end range motion (wall or strap, etc)	VAS Pain less than 2/10 with no more than a 2 pt increase during session
Core	<a href="#">Pallof Press</a>	2x12-15 ea	Moderate	Slight knee bend, scale as needed	
	Week 4	Sets and Reps	Weight	Notes	
Warm Up	Stationary Bike	x8-10 min	None		PROM Flexion 90% or greater of nonsurgical limb
Primary	<a href="#">Mini- Squats</a>	3-4x8-10	Light	Add a light kettlebell or dumbbell as tolerated, minimize weight shift	
Secondary	<a href="#">RDLs</a>	3-4 x 8-10	Light to moderate	Slowly progressing weight here	
Secondary	<a href="#">Eccentric Leg Press</a>	3x10-12	Light to moderate	Medium intensity, minimal to no discomfort here	
Quad	<a href="#">Knee Extensions 90-0</a>	3x10 <b>No weight!</b>	Bodyweight		
Accessory	<a href="#">Standing Hip ABD</a>	2x12-15 ea	Moderate	Standing on both legs now, strong quad!	