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		Weeks from surgery											
ROM RESTRICTION		ROM & Muscle Initiation	1	2	3	4	5	6	7	8-12+	13-16+	17-20+	21+
No restriction - Full range of motion		Flexion/Extension – wall slides											
		Flexion/Ext – seated/calf assisted											
		Patella/Tendon mobilization											
		Extension mobilization											
		Quad sets											
BRACE SETTINGS		Hamstring sets											
		Terminal knee extension, Straight leg raise (when no quad lag)											
		Ankle pumps											
		Bike with no resistance											
		Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
Hinged Knee Brace x 6 weeks Brace locked in extension when walking with crutches; Unlocked for ROM when not ambulating		Muscular Endurance 3 x 15, 45s rest								8-12+			
		Lateral band stepping											
		Single leg leg press (+/- BFR)											
		Squat progression (+/- BFR) (do not squat deeper than 70 degrees flexion until wk 16)											
		RDL											
		Tuck squat											
		Progress to strength: 14+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
Weight Bearing status		Muscular Strength 3 x 10 120s rest									13-16+		
		Lateral band stepping											
		Single leg leg press											
		Hex bar squat											
		Kettlebell deadlift											
		Elevated split squat											
		Progress to power: 20+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
Do not sit with legs crossed or squat deeper than 70 degrees flexion x 3 months		Muscular Power 3 x 6, 180s rest										17-20+	
		Front squat											
		Barbell deadlift											
		Split jumps											
		Sled drags											
	Progress to running: 26+ weeks & Triple hop distance >90% of unaffected side												
	Running, Speed & Agility												21+
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills												
	High Level Activities												21+
	Golf, outdoor biking												
	Clearance for other activities made by Dr. Haber and based on different factors including passing the included progression criteria												