Phase 1: 0-4 Weeks

- **Range of motion (ROM):**
  - hinged knee brace locked at 0 degrees
  - intermittent active and active assisted flexion with passive extension for 5-10 minutes QID
  - patellar mobilization activity
  - stay within 0-45 degrees ROM
  - Strength: isometric hamstrings utilizing an endurance program of 10-40 repetitions per set with 5 sets per day

- **Weight bearing:**
  - 100% with brace locked in full extension
  - Modalities: EMG biofeedback to hamstrings (not quadriceps) prn
  - EMS to hamstrings (not quadriceps) prn
  - cryotherapy

- **Sports:** none.

Phase 2: 4-6 Weeks

- **Range of motion (ROM):**
  - advance ROM as tolerated; **brace locked in full extension when ambulating only!**
  - Strength: Initiate quadriceps strengthening and SLR

- **Weightbearing:**
  - 100% with brace locked in full extension Modalities: prn-as above

- **Sports:** none.
Phase 3: 6-8 Weeks

- **Range of motion (ROM) and brace use:**
  - increase as tolerated
  - **DISCONTINUE BRACE IF YOU CAN WALK WITHOUT A LIMP AND IF YOU CAN MAINTAIN A STRAIGHT LEG RAISE WITHOUT YOUR LEG WOBBLING!**
  - If the above conditions are not met, keep the brace on and walk with the brace unlocked!
  - Strength: progress with exercises and hamstring and quadriceps strengthening
- **Weightbearing:** full +/- brace; recommend using the brace (unlocked) if icy conditions outside or if the environment is dangerous / crowded public areas
- **Sports:** none

Phase 4: 8-12 Weeks (and beyond, if applicable)

- **Range of motion (ROM) and brace use:**
  - If not weaned from brace yet, continue exercises and strengthening to do so at this time
  - **ROM and strengthening as tolerated!**
- **Modalities:** prn
- **Sports:** progress through graduated running program such as “functional rehabilitation program”
  - Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity.
- **Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.**