PHASE I
Time frame: 0–4 weeks post-op
Protective Phase
• Brace at 0°-90° for 4 weeks.
• Lock brace in extension for WBAT ambulation with crutches 2 weeks, then WBAT brace 0°-90°.
• Gait training.
• Avoid hyperextension.
• Patella mobility: all planes.
• Passive and active ROM at 0°-90°.
• Quadriceps strengthening, VMO focus.
• Active SLR, quad sets, ankle pumps.
• Multi-plane hip strengthening as tolerated.

PHASE II
Time frame: 4-8 weeks post-op
Early Strengthening
• Progress ROM. Unlock brace. AROM only for flexion until week 6, then PROM is OK.
• Progress to closed chain strengthening bilateral LE.
• Single leg closed chain after week 6 when swelling and strength allow.
• No open knee extension.
• Stationary bike OK week 4.
• Elliptical OK week 6.
• Hydrotherapy running: in-line only (no lateral).
• Proprioception.
• Core conditioning and strengthening.

PHASE III
Time frame: 8-12 weeks post-op
Advanced Strengthening
• Progress out of brace.
• No ROM restrictions.
• Treadmill running, progress to road and trail by week 12.
• Increase resistance on bike and elliptical.
• Focus on endurance.
• Moderate intensity plyo and total gym.
• Avoid rotation/lateral pivot.
• Progressive resistance individualized to patient progress.

PHASE IV
Time frame: 12+ weeks post-op
Return to Sport
• Begin sport-specific program
• Progressively institute jump-land/rotation/lateral pivot.
• Sprinting/ballistics/increased intensity plyo.
• Follow-up with MDs for RTS evaluation when progress is appropriate.