

**Patellar
mobility
lateral to
medial only**

Weeks from surgery											
ROM & Muscle Initiation	1	2	3	4	5	6	7	8-13+	14-19+	20-25+	26+
Flexion/Extension - wall slides											
Flexion/Ext - seated/calf assisted											
Patella/Tendon mobilization											
Extension mobilization (no hyperext)											
Quad sets											
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											
Muscular Endurance 3 x 15, 45s rest								8-13+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
Progress to strength: 14+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
Muscular Strength 3 x 10 120s rest									14-19+		
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											
Muscular Power 3 x 6, 180s rest										20-25+	
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
Progress to running: 26+ weeks & Triple hop distance >90% of unaffected side											
Running, Speed & Agility											26+
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities										20-25+	25-28+
Golf, outdoor biking											
Clearance for other activities made by Dr Cooper and based on different factors including passing the included progression criteria											