



Patient label

WEEK											MONTH				
	1	2	3	4	5	6	7	8	9	10		3	4	5	6
<b><i>PHASE 1 EXERCISES</i></b>															
Extension/Flexion sitting prone	●	●	●	●	●	●	●	●	●	●		●	●	●	●
Quad sets with straight leg raises	●	●	●	●	●	●	●	●	●	●					
Hamstring sets	●	●	●	●	●	●	●	●	●	●					
Patella Mobs/Quad patellar tendon	●	●	●	●	●	●	●	●	●	●					
Wall slides					●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●	●	●		●	●	●	●
<b><i>MUSCLE STRETCHES</i></b>															
Sit and Reach for Hamstrings			●	●	●	●	●	●	●	●		●	●	●	●
Lying Rectus			●	●	●	●	●	●	●	●		●	●	●	●
Stork Stand for Quadriceps						●	●	●	●	●		●	●	●	●
Runners stretch for calf and achilles			●	●	●	●	●	●	●	●		●	●	●	●
<b><i>CARDIOVASCULAR EXERCISES</i></b>															
Bike with Both Legs			●	●	●	●	●	●	●	●		●	●	●	●
Aquajogging						●	●	●	●	●		●	●	●	●
Swimming										●		●	●	●	●
Elliptical trainer								●	●	●		●	●	●	●
Rowing						●	●	●	●	●		●	●	●	●
Stair Stepper								●	●	●		●	●	●	●
Treadmill						●	●	●	●	●		●	●	●	●
<b><i>PHASE 2 SPORT CORD EXERCISES</i></b>															
Double Knee Bends (knee not over foot)							●	●	●	●		●	●	●	●
Carpet Drags							●	●	●	●		●	●	●	●
Forward backward jogging										●		●	●	●	●
Side to side agilities										●		●	●	●	●
<b><i>PHASE 3 WEIGHTS</i></b>															

Leg press down to 90 degrees				●	●	●	●	●	●	●		●	●	●	●
Leg curls				●	●	●	●	●	●	●		●	●	●	●
Ab/Adduction				●	●	●	●	●	●	●		●	●	●	●
Balance squats							●	●	●	●		●	●	●	●
Knee extension pain-free arc				●	●	●	●	●	●	●		●	●	●	●
NO LUNGES															
<b>PHASE 4 HIGH LEVEL EXERCISES</b>															
Biking outdoors											●	●	●	●	●
Rollerblading												●	●	●	●
Running												●	●	●	●
Skiing, basketball, tennis, football, soccer															●
Golf												●	●	●	●
Agility Exercises															●
Trail Riding												●	●	●	●

- Weight bearing:
  - Touch Down (TDWB) with brace locked at 0 degrees with crutches: post-op weeks 0-2
  - Post-op weeks 2-6: WBAT with brace locked in extension
- Brace:
  - Hinged knee brace: weeks 0-6 post-op:
  - Weeks 0-2: 0-30 degrees
  - Weeks 2-4: 0-60 degrees
  - Weeks 4-6: 0-90 degrees

### Additional Instructions:

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Date