



Patient label

**S/P:**

	WEEK										MONTH			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>PHASE 1 EXERCISES</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>MUSCLE STRETCHES</b>														
Sit and Reach for Hamstrings			●	●	●	●	●	●	●	●	●	●	●	●
Lying Rectus			●	●	●	●	●	●	●	●	●	●	●	●
Stork Stand for Quadriceps						●	●	●	●	●	●	●	●	●
Runners stretch for calf and achilles			●	●	●	●	●	●	●	●	●	●	●	●
<b>CARDIOVASCULAR EXERCISES</b>														
Bike with Both Legs			●	●	●	●	●	●	●	●	●	●	●	●
Aquajogging						●	●	●	●	●	●	●	●	●
Swimming										●	●	●	●	●
Elliptical trainer								●	●	●	●	●	●	●
Rowing						●	●	●	●	●	●	●	●	●
Stair Stepper								●	●	●	●	●	●	●
Treadmill						●	●	●	●	●	●	●	●	●
<b>PHASE 2 SPORT CORD EXERCISES</b>														
Double Knee Bends (knee not over foot)							●	●	●	●	●	●	●	●
Carpet Drags							●	●	●	●	●	●	●	●
Forward backward jogging										●	●	●	●	●
Side to side agilities										●	●	●	●	●
<b>PHASE 3 WEIGHTS</b>														

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

### Additional Instructions:

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Weight bearing:  
 TDWB (toe touch only) with crutches weeks 0-2 post-op  
 WBAT 2-6 weeks post op

Brace: Hinged knee brace locked in extension for ambulation 0-6 weeks

When not ambulating:  
 Weeks 0-2: 0-30 degrees  
 Weeks 2-4: 0-60 degrees  
 Weeks 4-6: 0-90 degrees

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Date