

PHASE I (Weeks 0 – 2):

- **Goals:** decrease edema, activate quadriceps
- **Weightbearing:** As tolerated; okay to use crutches for 2-3 days if needed
- **Brace:** None
- **Range of Motion:** AAROM→AROM as tolerated
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, step-ups, straight-leg raises, stationary bike as tolerated; core exercises
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 2 – 4)

- **Weightbearing:** As tolerated
- **Brace:** None
- **Range of Motion:** Full
- **Therapeutic Exercises:** Progress Phase I exercises; lunges, wall-sits; add cycling and elliptical
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 4 – 6)

- **Weightbearing:** As tolerated
- **Brace:** None
- **Range of Motion:** Full
- **Therapeutic Exercises:** Progress Phase II exercises; add plyometrics and sport-specific exercises; add running; return to athletic activity as tolerated at week 6
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)