<table>
<thead>
<tr>
<th>PHASES &amp; TIME LINES</th>
<th>REHABILITATION GUIDELINES</th>
<th>GOALS</th>
</tr>
</thead>
</table>
| Phase 1  0–4 weeks   | - toe touch weight bearing as tolerated (with axillary crutches) 12–14 days  
|                     | - progress to full weight bearing with crutches  
|                     | - active and passive ROM (limit flexion up to 90°)  
|                     | - patellar mobilizations  
|                     | - foot and ankle exercises, straight leg raise  
|                     | - TENS: electrical muscle stimulation  
|                     | - isometric quads, hamstrings, calf muscles  
|                     | - modalities for inflammation, as needed  
|                     | - keep wound dry for 12–10 days  | - protect wound  
|                     | - full extension  
|                     | - flexion to 90°  |
| Phase 2  5–8 weeks   | - precautions: no running, jumping, twisting, breast stroke  
|                     | - full weight bearing, no aids  
|                     | - straight leg raise – all planes  
|                     | - stretches/flexibility exercises  
|                     | - closed kinetic chain exercises – lower extremity (up to 90° knee flex)  
|                     | - start resisted lower extremity exercise  
|                     | - balance and proprioception  
|                     | - cycling – no tension; gradually increase time  
|                     | - start elliptical or swimming for knee ROM and strengthening  
|                     | - after 6 weeks - start treadmill  | - full WB  
|                     | - full active ROM  |
| Phase 3  9–12 weeks  | - continue with flexibility exercises: avoid extreme of flexion (i.e. crouch, squat)  
|                     | - continue closed kinetic chain for lower extremity: in Weight bearing  
|                     | - continue with lower extremity resisted exercises  
|                     | - start mini-squats (up to [90° flexion])  
|                     | - stairmaster, Nordic Track (maintain above precautions)  | - normal gait  
|                     | - strength 4/5  |
| Phase 4  12+ weeks   | - continue with strength, functional, proprioceptive and endurance training  
|                     | - after 16 weeks: start jumping, light running  
|                     | - return to work/sport activities  | - full strength  
|                     | - return to function  |

**Sources:**