

Week	Range of movement	Mobility	Rehabilitation exercises	Goals before progression
First 48 hours	Splint limits knee in full extension	Weight bear to comfort with elbow crutches	Cryotherapy Static quads (SQ) /Straight leg raise (SLR) Circulatory exercises End of range extension	Good understanding of post operative rehabilitation No complications following surgery
From 48 hours	<p>Immediate CPM if available, range of movement(ROM) settings tolerated. Apply 6-8 hours with a 24 hr period. Alternatively teach patient Passive range of movement (PROM) exercises out of splint.</p> <p>Splint limits active ROM 0 -30° till week 4. No limit to PROM patient should remove splint during the day to perform PROM exercises (3 x 500 reps per day). Splint to be worn at all other times</p>	Weight bear to comfort with elbow crutches and gradually wean off as able.	<p>Continue above. Unicam bike passive setting Cryotherapy SQ/isometric hamstrings/SQ@ 90°/ inner range quads (IRQ) SLR (if no lag or with splint in situ) PROM exercises/mobilisations End of range (EOR) extension mobilisation Circulatory exercise Active Quads/Hams @ 0 -30° Active adductors/abductors adding resistance as tolerated SLR in prone Upper body Contralateral leg Flexibility</p>	<p>Independent mobility Controlled pain Minimal pain Full passive extension SLR no lag</p>