

From Week 4	Active movement in closed kinetic chain (CKC), avoid range between 30 - 50° (which is the range of maximum shear force in the patellofemoral compartment)		Isometric, co-contraction of quad/hams at varying angles avoiding the range of 30-50°	Good co-contractive muscle control Pain free Minimal effusion
From Week 6	No limit to active movement. Open brace and wean off brace as soon as possible as quadriceps control allows		Progress above. Hydrotherapy Open kinetic chain (OKC) OKC quads (no resistance) start at 90-50° And 20-0°, and progress through range as tolerated avoiding the range in which the defect comes into contact. Add resistance as tolerated and indicate to CKC quads for sports/activities	Normal independent gait pattern Quads/hams strength at least 80% to that of contralateral leg No pain No mechanical symptoms
From Week 12			Treadmill jogging on a sprung surface Gradually progress duration and pace as symptoms and effusion allow N.B. If effusion settles within 24 hours of exercise continue with care, if the effusion does not settle reduce the intensity of the exercise. Smaller lesion sites may progress quicker than larger sites. Use clinical judgement	No pain No mechanical symptoms No altered jogging pattern (limp) with respect to fatigue