

Week	Movement	Mobility	Rehabilitation exercises	Goals before Progression
First 48 hours	Splint limits knee in full extension	Touch weight bearing TWB (10-15 kg) with elbow crutches	Cryotherapy Static Quads/Straight leg raise SQ/SLR (if no lag) Circulatory exercises End of range (EOR) extension mobilisations	Good understanding of post-operative rehabilitation No complications following surgery
From 48 hours	<p>Immediate CPM if available, alternatively teach patient passive range of movement (PROM) exercises (3 x 500 reps per day) PROM and CPM settings as tolerated. Apply 6 – 8 hours within a 24hr period. No limit to passive movement</p> <p><i>Immediate CPM if available (30 -70°, increase by10° as patient tolerates till full PROM is achieved</i></p>	TWB (10 – 15kg)with elbow crutches	Continue above Unicam bike passive setting Isometric hamstrings Isometric Quads @ 90° SLR if no lag PROM exercises/mobilisations Active adductor/abductors, adding resistance as tolerated SLR in prone Upper body Contralateral leg Flexibility Hydrotherapy Double leg 1/3 knee bends (approx 30° With 75-80 weight through uninjured leg	Independent mobility Controlled pain Minimal pain Full passive extension SLR no lag