

From Week 4	Active movement performed in closed kinetic chain (CKC), avoiding range where the patient experiences discomfort and crepitus (avoiding range which engages lesion)	Partial weight bearing (PWB) (1/2 body weight) with elbow crutches	Isometric co-contraction CKC Quads/Hams – at varying angles that does not engage in lesion Hydrotherapy SLR with resistance if able	Good co-contractive muscle control Pain free
Week 6	No limit to active movement	Full weight bearing if tolerated	Progress above Open kinetic chain (OKC) Quads/hams Add resistance as tolerated and indicate for specific sport/activities	Normal independent gait pattern Quads/hams strength at least 80% to that of contralateral leg No pain No mechanical symptoms
Week 8			Treadmill jogging on a sprung surface Gradually progress duration and pace as symptoms and effusion allow NB. If effusion settles within 24 hours of exercise continue with care, if effusion does not settle, reduce the intensity of the exercise <i>NB> Smaller lesion sites may progress quicker than larger sites. Use clinical judgement</i>	No pain No mechanical symptoms No altered jogging pattern (limp) with respect to fatigue