

6-12 weeks	Patella stabilisation brace in situ (unrestricted range of movement)	Full weight bearing	Promote normal gait pattern Start treadmill work (walking power-walking) Increase cardio vascular work Continue proprioceptive work (wobble board activity can now be introduced) Increase muscle control through range Gradually introduce open kinetic chain exercises Hydrotherapy if accessible (closed kinetic chain exercises)	Minimal effusion Pain free full range of movement Adequate dynamic stability
3-6 months			Gradually introduce resistance, increase speed of contraction and number of reps back into functional status Swimming Agility work Sport specific training Progress plyometric training 12-16 weeks – treadmill running 16 weeks – introduce road running 20 weeks – full return to road running	