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The Knee Preservation Center

ROOT REPAIR REHABILITATION PROTOCOL

Please share this with your physical therapist, and contact us if there are any questions.

			Initiate Physical Therapy **6 weeks**	Can ease into biking, elliptical, swimming **2 months**		Can ease into squats and lunges for strengthening (NOT BEFORE THEN) **4 months**		
POST OPERATIVE TIME ⟶	0-21 days	22-35 days	36-42 days	7-8 weeks	9-16 weeks	4 months	5 months	6-12 months
Activities of Daily Living								
50% weight bearing (see video)	✓	✓	✓					
Full weight bearing				✓	✓	✓	✓	✓
Squatting w/ weight on surgical leg				✓	✓	✓	✓	✓
Showering	✓	✓	✓	✓	✓	✓	✓	✓
Bath / Hot tub / Sauna		✓	✓	✓	✓	✓	✓	✓
Range-of-motion goals								
0°-90°	✓	✓	✓	✓	✓	✓	✓	✓
0°-120°				✓	✓	✓	✓	✓
Full ROM						✓	✓	✓
Patella mobilization	✓	✓	✓	✓	✓	✓	✓	✓
Stretching								
Hamstring	✓	✓	✓	✓	✓	✓	✓	✓
Gastroc-soleus	✓	✓	✓	✓	✓	✓	✓	✓
Iliotibial band	✓	✓	✓	✓	✓	✓	✓	✓
Quad					✓	✓	✓	✓
Strengthening						✓	✓	✓
Active knee extension	✓	✓	✓	✓	✓	✓	✓	✓
Quadriceps isometrics	✓	✓	✓	✓	✓	✓	✓	✓
Straight leg raises	✓	✓	✓	✓	✓	✓	✓	✓
Closed-chain strengthening:								
Calf raises w/ knee in extension				✓	✓	✓	✓	✓
Wall sits						✓	✓	✓
Squats						✓	✓	✓
Lunges						✓	✓	✓
Open-chain strengthening:								
Knee extension quadriceps 0°-90°			✓	✓	✓	✓	✓	✓
Knee flexion hamstrings 0°-90°			✓	✓	✓	✓	✓	✓
Multi-hip			✓	✓	✓	✓	✓	✓
Hip abduction-adduction			✓	✓	✓	✓	✓	✓
Balance/proprioceptive training								
Weight-shifting				✓	✓	✓	✓	✓
BAPS					✓	✓	✓	✓
BBS					✓	✓	✓	✓
Mini-trampoline						✓	✓	✓
Plyometrics							✓	✓
Conditioning								
Upper body ergometer (optional)	✓	✓	✓	✓	✓	✓	✓	✓
Swimming - freestyle				✓	✓	✓	✓	✓
Aquatic program				✓	✓	✓	✓	✓
Bike (stationary)					✓	✓	✓	✓
Stair climbing machine						✓	✓	✓
Ski machine							✓	✓
Running: straight - ease in SLOWLY						✓	✓	✓
Cutting							✓	✓
Lateral carioca							✓	✓
Figure 8s							✓	✓
Full sports at 6-12 months depending on strength								✓