

Double leg balance on tilt boards

4 inch step ups

Seated leg extension (0 to 40degrees) against gravity with no weight

Add water exercises if desired (and all incisions are closed and sutures out)

Week 7

Progress to running program and light sport specific drills if:

- Quad strength > 75% contralateral side
- Active ROM 0 to > 125 degrees
- Functional hop test >70% contralateral side
- Swelling < 1cm at joint line
- No pain
- Demonstrates good control on jump down

Week 12-22

- If full ROM, quad strength > 80% contralateral side, functional hop test >85% contralateral side, satisfactory clinical exam:
 - Progress to home program for running. Start backward jogging, figure of 8, zigzags and lateral shuffles. Progress to hops, jumps, cuts and sports specific drills. Begin to wean from supervised therapy.
- Criteria to return to sports
 - Full Active ROM
 - Quadriceps and hip external rotators strength >90% contralateral side
 - Satisfactory clinical exam
 - Functional hop test > 90% contralateral side
 - Completion of running program