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WEEK 0 - 8

Brace locked on extension for ambulation
WBAT in brace

WEEK 1

No Rehab
Brace or splint in full extension
Patellar Mobilizations

WEEK 2

Passive extensions to full
Active flexion to 45° in brace
Quad stim

WEEK 4

Active flexion 45° - 90° in brace

WEEK 6

Start no resistance straight leg raises
Patellar mobilizations

WEEK 12

Begin strengthening quadriceps

WEEK 16

Running