Protocol

Anterior cruciate Ligament (ACL protocol)

1. Knee extension
2. Knee flexion
3. Forward kick
4. Back kick
5. Side kick
6. Hip -knee 90 90
7. Cross walk
8. Side walk
9. VMO ckc (close kinetic chain exercise)
10. Ankle plantarflexion

Posterior cruciate Ligament (PCL protocol)

1. Dynamic Knee extension
2. Side walk
3. Cross walk
4. Forward kick
5. Back kick
6. Side kick
7. Knee flexion
8. Hip -knee 90 90
9. VMO ckc (close kinetic chain exercise)
10. Ankle plantarflexion

Meniscus repair protocol (PCL protocol)

1. Dynamic Knee extension
2. Side walk
3. Cross walk
4. Forward kick
5. Back kick
6. Side kick
7. Knee flexion
8. VMO ckc (close kinetic chain exercise)
9. Ankle plantarflexion

Hip rehab protocol

1. Dynamic Knee extension
2. Side walk
3. Cross walk
4. Forward kick
5. Back kick
6. Side kick
7. Knee flexion
8. Hip -knee 90 90
9. VMO ckc (close kinetic chain exercise)
10. Ankle plantarflexion
11. Bilateral clam shell
12. Unilateral clam shell

Ankle rehab protocol

1. Ankle plantarflexion
2. Ankle Dorsiflexion
3. Ankle eversion
4. Ankle inversion
5. Knee extension
6. Side walk
7. Cross walk
8. Forward kick
9. Back kick
10. Side kick
11. Knee flexion
12. Hip -knee 90 90
13. VMO ckc (close kinetic chain exercise)

Total knee replacement protocol

1. Ankle plantarflexion
2. Ankle Dorsiflexion
3. Ankle eversion
4. Ankle inversion
5. Knee extension
6. Side walk
7. Cross walk
8. Forward kick
9. Back kick
10. Side kick
11. Knee flexion
12. Hip -knee 90 90
13. VMO ckc (close kinetic chain exercise)
14. Bilateral clam shell
15. Unilateral clam shell