Goals: ◦ Maintain full extension, obtain full flexion ම Increase hip͕ quadriceps͕ hamstring and calf strength ම Increase proprioception
Br ace: ම Begin unlocking in ϯϬ϶ increments (every 3-4 days) after Week 6. Unlocked when

Exerci ses: ම Progress flexibility/strength program based on individual needs/deficits ම Initiate plǇometric program as appropriate for patient͛s athletic goals ම AgilitǇ progression including͗ ͻ Side steps н Crossoǀers͕ Figure ϴ and Shuttle Running ͻ One Θ Tǁo Leg Jumping ͻ CuttingͬAcceleratiǀeͬDeceleration/Springs, Agility Ladder Drills ම