

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2 weeks</u>	Non-weight bearing (NWB) with crutches.	Locked in extension. Remove for CPM and exercise.	CPM: 6-8 hrs/day. Start -5 to 45° Increase 5-10° per day as tolerated.	Quad sets, SLR, hamstring isometrics, ankle pumps. Regain full extension. Hamstring stretching.
2-6 weeks	Touch-down (TDWB) with crutches.	Brace progressively opened as quad control returns.	P/AROM as tolerated. <u>Goal:</u> At least 90° by 4 weeks; 120° by 6 weeks.	Patella mobs. BFR training.
<u>Phase II</u> <u>6-8 weeks</u>	50% WB x 1 week, then advance to FWB as tolerated, then wean crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Full A/PROM.	Gait training. Begin progressive closed chain exercise. Short arc wall sits and leg press. Stationary bicycle.
8-12 weeks	Full weight bearing (FWB) with normal gait.	None.	Full A/PROM.	Advanced closed chain exercise. Balance exercises.
<u>Phase III</u> <u>3-4 months</u>	FWB.	None.	Full A/PROM.	Advance Begin open chain strengthening,. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<u>Phase IV</u> <u>4-6 months</u>	FWB.	None.	Full A/PROM.	Continue advanced strength training. May begin a progressive running and agility program. Consider return to high impact sports.