

|                                                                      | <b><u>Weight Bearing</u></b>                                                                       | <b><u>Brace</u></b>                                                                                                   | <b><u>ROM</u></b>                                            | <b><u>Exercises</u></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Phase I</u></b><br><b><u>0-2</u></b><br><b><u>weeks</u></b>    | Heel touch weightbearing with crutches.                                                            | Locked in full extension for sleeping and all activity.*<br><br>Off for exercises and hygiene.                        | 0-90° when non-weight bearing.                               | Heel slides, quad sets, patellar mobs, SLR, SAQ, calf pumps, passive leg hangs to 90°<br><br><b>No weight bearing with flexion &gt;90° or tibial rotation to protect meniscus.</b>                                                                                                                                                                                                                                                                                                     |
| <b><u>Phase II</u></b><br><b><u>2-8</u></b><br><b><u>weeks</u></b>   | <b>2-6 weeks:</b><br>Heel touch WB with crutches.<br><br><b>6-8 weeks:</b><br>Progress to full WB. | <b>2-8 weeks:</b><br>Brace worn daytime only, unlocked 0-90°<br><br>Discontinue brace by 8 weeks when comfortable WB. | As tolerated, caution with flexion >90° to protect meniscus. | <b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, floor and side-lying quad, hamstring, glutes, hip & core.<br><br><b>6-8 weeks:</b> Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes, and pelvic stability.<br><br>Activities with brace until 6 weeks; then w/o brace as tolerated.<br><br><b>No weight bearing with flexion &gt;90° or tibial rotation to protect meniscus.</b> |
| <b><u>Phase III</u></b><br><b><u>8-12</u></b><br><b><u>weeks</u></b> | Full.                                                                                              | None.                                                                                                                 | Full, caution with flexion >90° to protect meniscus.         | Progress closed chain activities.<br><br>Begin unilateral stance activities, balance training, lunges/leg press 0-90°, proprioception exercises, progress core/hip/glutes, hamstring work.                                                                                                                                                                                                                                                                                             |
| <b><u>Phase IV</u></b><br><b><u>12-16</u></b><br><b><u>weeks</u></b> | Full.                                                                                              | None.                                                                                                                 | Full.                                                        | Progress Phase III exercises and functional activities; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance<br><br>Begin stationary bike at 12 weeks with low resistance.<br><br>Swimming okay at 12 weeks.                                                                                                                                                                                                                                                     |
| <b><u>Phase V</u></b><br><b><u>&gt;16</u></b><br><b><u>weeks</u></b> | Full.                                                                                              | None.                                                                                                                 | Full.                                                        | Start elliptical and running after 16 weeks.<br><br>Advance to sport-specific drills and running after 16-20 weeks, as tolerated.                                                                                                                                                                                                                                                                                                                                                      |

\*Brace may be removed for sleeping after first post-operative visit (day 7-10).