

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2 weeks</u>	Heel touch weightbearing with crutches.	Locked in full extension for sleeping and all activity.* Off for exercises and hygiene.	0-90° as tolerated when non-weight bearing.	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home, heel slides, SAQ No weight bearing with flexion >90° or tibial rotation to protect meniscus.
<u>Phase II</u> <u>2-8 weeks</u>	2-6 weeks: Heel touch WB with crutches 6-8 weeks: Progress to full WB.	2-8 weeks: Brace worn daytime only, unlocked 0-90° Discontinue brace by 8 weeks when comfortable WB.	0-90° as tolerated when non-weight bearing. Caution with flexion >90°	2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, floor and side-lying quad, hamstring, glutes, hip, and core. 6-8 weeks: Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes, and pelvic stability. Activities w/ brace until 6 weeks; then w/o brace as tolerated. No weight bearing with flexion >90° or tibial rotation to protect meniscus
<u>Phase III</u> <u>8-12 weeks</u>	Full.	None.	Full, caution with flexion >90° to protect meniscus.	Progress closed chain activities. Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°, proprioception exercises.
<u>Phase IV</u> <u>12-16 weeks</u>	Full.	None.	Full.	Advance Phase III exercises and functional activities; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance. Begin stationary bike at 12 weeks with low resistance. Swimming as tolerated after 12 weeks. Elliptical as tolerated after 16 weeks.
<u>Phase V</u> <u>>4 months</u>	Full.	None.	Full.	Start elliptical and running after 16 weeks. 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)