

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2</u> <u>weeks</u>	Heel touch only.	0-2 weeks: Locked in full extension at all times. Off for hygiene and exercises only.	Gentle 0-90° as tolerated for first 2 weeks.	0-2 weeks: Quad sets, SLR in brace, calf pumps, passive leg hangs to 90°, modalities.
<u>Phase II</u> <u>2-6</u> <u>weeks</u>	Heel touch only.	Unlocked during the day 0-90°, off at night. Off for hygiene, rest, and exercises.	Maintain full extension and progress to full flexion as tolerated.	PROM/AAROM to tolerance, patella and tibiofibular joint mobs. Begin floor based core and glute/quad/hamstring exercises.
<u>Phase III</u> <u>6-8</u> <u>weeks</u>	Advance 25% weekly until full.		Full.	6-8 weeks: Advance closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes, and pelvic stability. Begin stationary bike as tolerated after 6 weeks. 8-12 weeks: Advance hamstring work, proprioception/balance exercises; hip/core/glutes.
<u>Phase IV</u> <u>8-16</u> <u>weeks</u>	Full.	None.	Full.	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises. Advance core/glutes, balance, flexibility. May advance to elliptical, pool as tolerated after 12 weeks.
<u>Phase V</u> <u>>16</u> <u>weeks</u>	Full.	None.	Full.	Slowly advance all activity as tolerated. Progress to functional training, including running, jumping, pivoting, and sports after 16 weeks.

*Brace may be removed at night after first post-operative visit (day 7-14) if directed.