

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2 weeks</u>	Heel touch only.	0-2 weeks: Locked in full extension at all times.* Off for hygiene and exercises.	0-90° as tolerated.	Quad sets, SLR in brace, calf pumps, modalities, passive leg hangs to 90°.
<u>Phase II</u> <u>2-8 weeks</u>	2-6 weeks: Heel touch only. 6-8 weeks: Advance 25% weekly until full.	Unlocked during day 0-90°, off at night. Off for hygiene, rest and exercise. Discontinue after 6-8 weeks when WB comfortably.	Advance as tolerated.	PROM/AAROM to tolerance, patella and tibiofibular joint mobs. Begin floor based core and glute/quad/hamstring exercises. 6-8 weeks: Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes, and pelvic stability. Begin stationary bike as tolerated after 6 weeks.
<u>Phase III</u> <u>8-12 weeks</u>	Full.	None.	Full.	Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes.
<u>Phase IV</u> <u>12-16 weeks</u>	Full.	None.	Full.	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosy 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 aports activity after 16 weeks. Return to play after 16 weeks as tolerated and when cleared by the physician.
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*Brace may be removed at night after first post-operative visit (day 7-14) if directed.