

	<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 weightbearing with crutches.	Locked in full extension for sleeping and all activity.* Off for exercises and hygiene.	0-90° when non-weight bearing.	Heel slides, quad sets, patellar mobs, calf pumps, SLR No weight bearing with flexion >90°.
<u>Phase II</u> <u>2-10</u> <u>weeks</u>	2-8 weeks: Heel touch WB with crutches 8-10 weeks: Progress to full WB.	2-8 weeks: Brace worn daytime only, unlocked 0-90° Discontinue brace by 10 weeks when comfortable WB.	As tolerated, caution with flexion >90° to protect meniscus.	2-8 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core. 8-10 weeks: Addition to heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability. No weight bearing with flexion >90°.
<u>Phase III</u> <u>10-12</u> <u>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°.
<u>Phase IV</u> <u>12-16</u> <u>weeks</u>	Full.	None.	Full.	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance. Begin stationary bike at 12 weeks with low resistance. Swimmins as tolerated after 12 weeks.
<u>Phase V</u> <u>>16</u> <u>weeks</u>	Full.	None.	Full.	Advance to sport-specific drills and running/jumping once cleared by physician. Start elliptical after 16 weeks.

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

*Avoid any tibial rotation for 8 weeks, to protect meniscus.