

	<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 exercises. 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-bosu exercises. Advance core/glutes, balance, flexibility. May advance to elliptical, pool as tolerated after 12 weeks.
<u>Phase V</u> <u>>16 weeks</u>	Full.	None.	Full.	Slowly advance all activity as tolerated. Progress to functional training, including running, jumping, pivoting, and sports activity after 16 weeks.

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