

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2 weeks</u> <u>PT 4-5</u> <u>days per week</u>	Full, as tolerated.	None. Hyperextension cast, or True Zero brace.*	Full, gentle ROM as tolerated.	Heel slides, calf pumps, hamstring/quad sets, patellar mobs, SLR, planks, bridges, abs, step-ups and stationary bike, as tolerated. Supine and prone PROM/ capsular stretching with and without Tib-Fem distraction.
<u>Phase II</u> <u>2-4 weeks</u> <u>PT 3</u> <u>days per week</u>	Full.		Full.	Progress Phase I exercises. Advance rectus femoris/ Anterior hip capsule stretching. Cycling, elliptical, running as tolerated.
<u>Phase III</u> <u>4-12 weeks</u> <u>PT 2-3</u> <u>days per week</u>	Full.	None.	Full.	Add sport-specific exercises, as tolerated. Maintenance core, glutes, hip, and balance program.

*Patient will be provided instructions based off of their brace. Hyperextension cast is removed by 3 days post-op, in clinic.

*True zero brace is worn day and night for the first 2 weeks, then during the day per the script.

