

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-8 weeks</u>	0-6 weeks: Heel touch only. 6-8 weeks: Advance 25% weekly until full	0-2 weeks: Locked in full extension at all times.* Off for hygiene and exercise only. 2-8 weeks: Brace worn only daytime, unlocked 0-90°. Discontinue brace once WB comfortably.	0-90° as tolerated when non-weight bearing.	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home. 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core. 6-8 weeks: Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes, and pelvic stability. No weight bearing with flexion >90° or tibial rotation to protect meniscus.
<u>Phase II</u> <u>8-12 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 III</u> <u>12-24 weeks</u>	Full.	None.	Full.	Advance Phase II exercises, maximize core/glutes, pelvic stability work, eccentric hamstrings, balance. Begin stationary bike at 12 weeks. Elliptical as tolerated after 16 weeks.
<u>Phase V</u> <u>>6 months</u>	Full.	None.	Full.	Advance to functional activity without impact. Return to sport-specific activity and impact once cleared by physician after 6-8 months.

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

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

*Alignment correction procedures do not change protocol (ex: HTO, DFO, TTO)