

	<u>Weight Bearing</u>	<u>Brace**</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2</u> <u>weeks</u>	Full, as tolerated.*	Brace, if provided, worn for comfort. Remove brace for hygiene and exercises.	Full, gentle ROM as tolerated.	Heel slides, quad sets, patellar mobs, SLR, SAQ, calf pumps Avoid weight bearing flexion >90° degrees.
<u>PhaseII</u> <u>2-6</u> <u>weeks</u>	Full.	Worn for comfort, discontinue by 4 weeks.	Full.	Addition to heel raises, closed chain exercises, terminal knee extensions. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when tolerating, starting with low resistance and hight seat. Avoid weight bearing flexion >90°.
<u>Phase III</u> <u>6-12</u> <u>weeks</u>	Full.	None.	Full.	Progress closed chain activities and functional activities: single leg balance, core, glutes, and eccentric hamstrings. Swimming okay at 12 weeks.
<u>Phase IV</u> <u>12-20</u> <u>weeks</u>	Full.	None.	Full.	Advance to sport-specific drills, elliptical, and running/jumping after 12-16 weeks once cleared by the physician.

*A brace or soft knee immobilizer may not be prescribed. It is used for comfort.

**If patient's PT script differs, follow their PT script.