

	<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 CPM, hygiene, and exercise only. 2-4 weeks: 0-45° and worn daytime only. 4-6 weeks: Unlocked 0-90° and worn daytime only. Discontinue at 6 weeks	0-2 weeks: Gentle passive 0-45° as tol. 2+ weeks: advance, as tol. 0-6 weeks: Use CPM 6 hours per day, advance 5-10° per day, as tolerated; d/c at 6 weeks.*** <u>Goals:</u> 0-2 wks: 0-30° 2-4 wks: 0-60° 4-6 weeks: 0-90°	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45° 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.
<u>Phase II</u> <u>8-12 weeks</u>	Full.	None.	Full.	Progress closed chain activities and gait training. Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes. Begin stationary bike at 10 weeks with low resistance as tolerated.
<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. Swimming as tolerated at 12 weeks. Elliptical as tolerated after 16 weeks.****
<u>Phase IV</u> <u>6-12 months</u>	Full.	None.	Full.	Advance functional activity without impact. Return to sport-specific activity and impact when cleared by physician after 6-8 months.

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

**Please follow PT script if different than this protocol. Alignment correction procedures (HTO, DFO, TTO) do not change protocol.

***If CPM is not prescribed, goal is 600-800 reps of gentle ROM each day.

****Microfracture patients can advance back to sport as tolerated after 16 weeks.