

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-8</u> <u>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 exercises only. 2-8 weeks: Brace worn daytime only, unlocked 0-90° Discontinue brace once comfortably weightbearing.	0-90° as tolerated when non-weight bearing. 0-6 weeks: use CPM 6 hours/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 wks: 0-90°	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</u> <u>weeks</u>	Full.	None.	Full, caution with flexion >90° to protect the meniscus.	Progress closed chain activities and gait training. Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°.
<u>Phase III</u> <u>12-24</u> <u>weeks</u>	Full.	None.	Full.	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance. Begin stationary bike at 12 weeks with low resistance. Swimming as tolerated after 12 wks. Elliptical as tolerated after 16 wks.

<u>Phase IV</u> <u>6-12</u> <u>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.
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*Brace may be removed at night after first post-operative visit (day 7-14) if directed.

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