

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2 weeks</u>	Heel touch weightbearing with crutches.	Locked in full extension for sleeping and all activity.* Off for exercises and hygiene.	0-90° when non-weight bearing.	Heel slides, quat sets, patellar mobs, SLR, SAQ No weight bearing with flexion >90° Avoid tibial rotation for 8 weeks to protect meniscus.
<u>Phase II</u> <u>2-8 weeks</u>	2-6 weeks: Heel touch WB with crutches. 6-8 weeks: Progress to full WB.	2-8 weeks: Locked 0-90°; off at night. Discontinue brace by 8 weeks when comfortable WB.	As tolerated, caution with flexion >90° to protect meniscus.	2-6 weeks: Add side-lying/floor based quad/hamstring/hip and core, advance quad set and stretching. 6-8 weeks: Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes, and pelvic stability. Activities w/ brace until 6 weeks; then w/o brace as tolerated. No weight bearing with flexion >90°
<u>Phase III</u> <u>8-12 weeks</u>	Full.	None.	Full, caution with flexion >90° to protect meniscus.	Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes.
<u>Phase IV</u> <u>12-16 weeks</u>	Full.	None.	Full.	Progress Phase III exercises and functional activities: single leg balance, core, glutes, and eccentric hamstrings. Begin stationary bike at 12 weeks with low resistance. Swimming okay at 12 weeks.
<u>Phase V</u> <u>16-24 weeks</u>	Full.	None.	Full.	Start elliptical and running straight ahead after 16 weeks, jumping after 18 weeks. >20 weeks; Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills. FSA completed after 22 weeks.**
<u>Phase V</u> <u>>6 months</u>	Full.	None.	Full.	Gradual return to sports participation after completion of FSA and clearance by doctor.

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

*Same protocol applies for all graft choices.

**Completion of FSA (Functional Sports Assessment/Lower Body Assessment) is not mandatory but highly recommended at approximately 22 weeks postop for competitive athletes returning to sport.