

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2</u> <u>weeks</u>	As tolerated with brace.	Immobilizer on during day and night.* Off for hygiene and exercises.	0-90° as tolerated.	Quad and hamstring sets, SLR in brace, calf pumps, modalities, heel slides, gastroc stretch.
<u>Phase II</u> <u>2-8</u> <u>weeks</u>	As tolerated with brace.	Begin wearing patellar stabilizing brace after first postop. Wear during the day, including exercises. Discontinue patellar stabilizing brace at 8 weeks.	Advance as tolerated - maintain full extension.	Progress weight bearing flexibility, begin toe raises and closed chain quad. Begin floor-based core, hip, and glutes, balance work, and hamstring curls. Begin stationary bike as tolerated in brace.
<u>Phase III</u> <u>8-16</u> <u>weeks</u>	Full.	None.	Full.	Advance closed chain quads, progress balance, core, glutes, and pelvic stability. Begin elliptical, in-line jogging at 12 weeks in PT.
<u>Phase IV</u> <u>4-6</u> <u>months</u>	Full.	None.	Full.	Progress flexibility and strengthening, progress of functional balance, forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills. Return to play after 16 weeks as tolerated and when cleared by the physician.

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

*Brace changed to a patellar stabilizing brace after first postop visit.