

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<u>Phase I</u> <u>0-2 weeks</u>	As tolerated with crutches and brace.*	Locked in full extension for sleeping and all activity. Off for hygiene.	0-2 weeks: no range of motion.	Quad sets and calf pumps in brace.
<u>Phase II</u> <u>2-8 weeks</u>	As tolerated with crutches and brace.	2-6 weeks: Locked in full extension day and night. 6-8 weeks: Off at night; locked in full extension daytime for activity. Discontinue brace at 8 weeks. Off for hygiene and exercises.	2-6 weeks: Passive ROM 0-45° 6+ weeks: Advance PROM as tolerated.	Advance Phase I exercises. Add side-lying hip/core/glutes. Begin WB calf raises.
<u>Phase III</u> <u>8-12 weeks</u>	Full.	None.	Full.	Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes. Begin stationary bike when able.
<u>Phase IV</u> <u>12-20 weeks</u>	Full.	None.	Full.	Progress phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike. Swimming okay at 12 weeks. Advance to sport-specific drills and running/jumping after 20 weeks once cleared by the physician.

*Please refer to specific PT for any alterations to WB or brace protocol.