

|                                                    | <b><u>Weight Bearing</u></b>                                                                              | <b><u>Brace</u></b>                                                                                                                                                                                                                                                                  | <b><u>ROM</u></b>                                                                                                                                                                                                                                                                                                 | <b><u>Exercises</u></b>                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Phase I</u></b><br><b><u>0-8 weeks</u></b>   | <p><b>0-2 weeks:</b><br/>Heel touch only.</p> <p><b>6-8 weeks:</b><br/>Advance 25% weekly until full.</p> | <p><b>0-2 weeks:</b><br/>Locked in full extension at all times.*</p> <p>Off for CPM, hygiene, and exercises only.</p> <p><b>2-4 weeks:</b><br/>Unlocked 0-45°, worn daytime only.</p> <p><b>4-6 weeks:</b><br/>Unlocked 0-90°, worn daytime only.</p> <p>Discontinue at 6 weeks.</p> | <p><b>0-2 weeks:</b><br/>Gentle passive 0-45° as tolerated.</p> <p><b>2 weeks+:</b><br/>advance as tolerated.</p> <p><b>0-6 weeks:</b><br/>use CPM 6 hours/day, advance 5-10° per day as tolerated, d/c at 6 weeks.</p> <p><u>Goals:</u><br/>0-2 wks:<br/>0-30°<br/>2-4 wks:<br/>0-60°<br/>4-6 wks:<br/>0-90°</p> | <p><b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 45° at home.</p> <p><b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets/stretching, side-lying hip and core.</p> <p><b>6-8 weeks:</b> Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes, and pelvic stability.</p> |
| <b><u>Phase II</u></b><br><b><u>8-12 weeks</u></b> | Full.                                                                                                     | None.                                                                                                                                                                                                                                                                                | Full.                                                                                                                                                                                                                                                                                                             | <p>Progress closed chain activities and gait training.</p> <p>Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes.</p> <p>Begin stationary bike at 10 weeks with low resistance as tolerated.</p>                                                                                                                                                                                                 |

|                                                                       |       |       |       |                                                                                                                                                                                                        |
|-----------------------------------------------------------------------|-------|-------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Phase III</u></b><br><b><u>12-24</u></b><br><b><u>weeks</u></b> | Full. | None. | Full. | <p>Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance.</p> <p>Swimming as tolerated after 12 wks.</p> <p>Elliptical as tolerated after 16 wks.</p> |
| <b><u>Phase IV</u></b><br><b><u>6-12</u></b><br><b><u>months</u></b>  | Full. | None. | Full. | <p>Advance functional activity without impact.</p> <p>Return to sport-specific activity and impact when cleared by physician after 6-8 months.</p>                                                     |

\*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).