



Phase I: 0-4 Weeks

• **Weightbearing:**

- o Partial weightbearing (25%) with crutches and brace locked in extension (0-2 weeks)
- o Advance to full weightbearing with crutches and brace locked in extension (2-4 weeks)

• **Hinged Knee Brace:** Locked in extension for all activities (including sleeping) – removed for PT

• **Range of Motion:** AROM/AAROM/PROM – Goal of 0-90 degrees under guidance of PT

• **Therapeutic Exercises:** Heel slides 0-90 degrees, quad sets, ankle pumps, non-weightbearing calf/hamstring stretches, straight leg raise with brace locked in full extension, resisted ankle dorsiflexion/plantarflexion

Phase II: 4-6 Weeks

• **Weightbearing:**

- o As tolerated with crutches – hinged brace unlocked

• **Hinged Knee Brace:** Unlocked for ambulation – May remove at night for sleeping

• **Range of Motion:** AROM/AAROM/PROM – Goal of 0-120 degrees under guidance of PT

• **Therapeutic Exercises:** Progress phase I exercises, straight leg raise with out of brace if capable of maintaining full extension, may add stationary bicycle

- o **No Closed Chain Activities Until 6 Weeks PostOp**

Phase III: 6-12 Weeks

• **Weightbearing:**

- o As tolerated – may discontinue use of crutches – Goal is normal gait pattern

• **Hinged Knee Brace:** Discontinue if capable of straight leg raise without extensor lag

• **Range of Motion:** AROM/AAROM/PROM – Goal: Full pain-free ROM

• **Therapeutic Exercises:** Mini-squats 0-45 degrees, progress to step-ups, leg press 0-60 degrees, closed chain terminal knee extensions, toe raises, balance activities, hamstring curls, may increase to moderate resistance on the stationary bicycle

Phase IV: 3-9 Months

• **Weightbearing:**

- o Full weightbearing with a normal gait pattern

• **Range of Motion:** Full pain-free ROM

• **Therapeutic Exercises:** Progress closed chain activities, begin treadmill walking, swimming, and sport specific activities

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____ **Date:** _____

Name

Date

Diagnosis

Date of Surgery