



**Justen Elbayer MD**

Orthopedic Surgery Sports Medicine

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**Procedure:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

▪ **Weeks 0-2**

- Weightbearing:
  - WB as tolerated with brace locked in extension
- Brace:
  - All time, except hygiene
- ROM:
  - Passive:
    - 0-45
  - Active:
    - 0
- Exercises:
  - Gluteal/quadriceps/hamstring sets
  - Heel slides
  - SLR in brace
  - Ankle pumps and stretching

▪ **Weeks 3-6**

- Weightbearing:
  - WB as tolerated with brace locked in extension
- Brace:
  - All time, except hygiene
- ROM:
  - Passive:
    - Week 3: 0 – 60
    - Week 4: 0 – 75
    - Week 5: 0 – 90
    - Week 6: 0 – 110
  - Active:
    - Same
- Exercises:
  - Core/hip girdle strengthening
  - Closed chain quadriceps
  - Stationary bike

▪ **Weeks 7-12**

- Weightbearing:
  - WB as tolerated with brace locked in extension
- Brace:
  - Discontinue as long as adequate quadriceps activation and control
- ROM:

- Passive:
  - Full
- Active:
  - Same
- Exercises:
  - Core/hip girdle strengthening
  - Closed-chain quadriceps
  - Balance and stability
  - In-line jogging at therapy
  - Progress to elliptical versus bike
- **3 mo – 4 mo**
  - Weightbearing:
    - WB as tolerated with brace locked in extension
  - Brace:
    - Discontinue as long as adequate quadriceps activation and control
  - ROM:
    - Passive:
      - Full
    - Active:
      - Full
  - Exercises:
    - Core/hip girdle strengthening
    - Squat progression
    - Balance and stability
    - Plyometrics, forward and backward stepping/jumping
    - Single limb balance
- **5 mo – 6 mo**
  - Weightbearing:
    - WB as tolerated with brace locked in extension
  - Brace:
    - Discontinue as long as adequate quadriceps activation and control
  - ROM:
    - Passive:
      - Full
    - Active:
      - Full
  - Exercises:
    - Core/hip girdle strengthening
    - Balance and stability
    - Continue plyometrics
    - Begin cutting