

Procedure: _____

- **Weeks 0-2**
 - Weightbearing:
 - Non-weightbearing with brace locked in full extension
 - Brace:
 - All the time, unless in therapy
 - ROM:
 - Passive:
 - 0-30
 - Active:
 - 0
 - Exercises:
 - Hip girdle and thigh isometrics, including gluteal and quadriceps sets, SLRs
 - Lower leg isometrics and ankle pumps

- **Weeks 2-4**
 - Weightbearing:
 - Non-weightbearing with brace locked in full extension
 - Brace:
 - All the time, unless in therapy
 - ROM:
 - Passive:
 - 0-60
 - Active:
 - 0-60
 - Exercises:
 - Gentle patella mobilization
 - Hip girdle and thigh isometrics, including gluteal and quadriceps sets, SLRs
 - Gentle hamstring activation exercises
 - Core activation and strengthening
 - Lower leg isometrics and ankle pumps

- **Weeks 4-8**
 - Weightbearing:
 - Transition from partial to WB as tolerated with brace unlocked, if adequate quadriceps activation is achieved (able to SLR without lag).
 - Brace:
 - Only during ambulation, can remove for sleep
 - ROM:
 - Passive:
 - 0-120 (15 degree increments per week)
 - Active:
 - 0-120 (15 degree increments per week)

- Exercises:
 - Gentle patella mobilization
 - Can transition from isometric to more hip/quadriceps/hamstring sets
 - Core activation and strengthening
 - Lower leg isometrics and ankle pumps

- **Weeks 8-12**
 - Weightbearing:
 - As tolerated without brace if adequate quadriceps activation is achieved (able to SLR without lag).
 - ROM:
 - Passive:
 - Full
 - Active:
 - Full
 - Exercises:
 - Closed chain exercises
 - Toe raises
 - Side-lying hip and core
 - Balance training

- **Weeks 12-6 mos**
 - Weightbearing:
 - As tolerated without brace
 - ROM:
 - Passive:
 - Full
 - Active:
 - Full
 - Exercises:
 - Closed chain exercises
 - Balance and stability training of core/hip girdle
 - Lower leg/ankle strengthening