

Phase I: 0-2 Weeks

- Brace:
 - Knee Immobilizer worn at all times. Taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- Weight bearing:
 - Non weight bearing (NWB) with the knee locked in extension
- Range of Motion:
 - AROM/AAROM/PROM 0-30 degrees
- Therapeutic Exercises:
 - Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

Phase II: 2-6 Weeks

- Brace:
 - Hinged knee brace worn with weightbearing activities still locked in full extension
- Weight bearing:
 - Weight bearing as tolerated (WBAT) with the knee locked in extension
- Range of Motion:
 - AROM/AAROM/PROM – add 20 degrees of flexion each week – Goal is 80-90 degrees by post-op week 6
- Therapeutic Exercises:
 - Isometric quadriceps/ hamstring/ adductor/ abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase III: 6-10 Weeks

- Brace:
 - Hinged knee brace unlocked and only worn when walking
- Weight bearing:
 - Full weight bearing with the knee unlocked
- Range of Motion:
 - AROM/AAROM/PROM – progress to full ROM by post-operative week 10

- Therapeutic Exercises:
 - Isometric quadriceps/ hamstring/ adductor/ abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase IV: 10-12 Weeks

- Brace:
 - Hinged knee brace discontinued
- Weight bearing:
 - Full weight bearing
- Range of Motion:
 - Full
- Therapeutic Exercises:
 - Isometric quadriceps/ hamstring/ adductor/ abductor strengthening, Ankle theraband exercises, Initiate straight leg raises, Start stationary bicycle

Phase V: 3-6 Months

- Return to full activities as tolerated
- No sports or cutting activities until Month 4 at the earliest if evidence of healing and normal ROM, normal strength, no pain, or tenderness