

WEIGHT BEARING

Weeks 0-6: TDWB (Touch-down weight bearing) with crutches

Weeks 6-8: Transition to WBAT (weight bearing as tolerated)

After week 8: Full weight bearing

BRACE

Week 0-2: Post-op hinged knee brace; locked at 0° extension

Week 2-6: Unlock brace for ROM

ROM

Week 0-2: A/PROM 0-90 degrees

After week 2: PT: A/P to full as tolerated

EXERCISES

Week 0-2: quad/hamstring isometrics, SLR's, heel slides, quad sets

Week 2: begin low resistance stationary bike, swimming (after suture removal)

Week 8-12: closed chain quadriceps/hamstring strengthening program

Week 12-16: light jog/walk intervals

After wk 16: full running, cutting, pivoting