

# Phase 1

(0-2 weeks post-op)

### **Weight Bearing**

As tolerated with crutches and brace\*\*\*

#### Brace

Locked in full extension for sleeping and all activity\*

Off for exercises and hygiene

### **Range of Motion**

**0-2 weeks:** 0-45° when non-weight bearing

### Therapeutic Exercises

Heel slides, quad sets, patellar mobs, SLR, calf pumps

# Phase 2

(2-8 weeks post-op)

## **Weight Bearing**

2-8 weeks: Full WB while in brace

### **Brace**

2-4 weeks: Locked in full extension day and night

4-6 weeks: Off at night; locked in full extension daytime 6-7 weeks: 0-45°

**7-8 weeks:** 0-60°

Discontinue brace at 8 weeks

## **Range of Motion**

**2-3 weeks:** 0-60°

**3-4 weeks:** 0-90°

**4-8 weeks:** progress slowly as tolerated - refer to PT Rx for restrictions

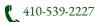
## Therapeutic Exercises

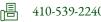
Advance Phase 1 exercises. Add side-lying hip/core/glutes. Begin weight bearing calf raises

No weight bearing with flexion >90°

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# Phase 3

(8-12 weeks post-op)

## **Weight Bearing**

Full

**Brace** 

None

#### Range of Motion

Full

## Therapeutic Exercises

Progress closed chain activities

Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes

Begin stationary bike when able

## Phase 4

(12 weeks- 20 weeks post-op)

## **Weight Bearing**

Full

**Brace** 

None

### Range of Motion

Full

### Therapeutic Exercises

Progress Phase 3 exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike

Swimming okay at 12 weeks

Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD

\*Brace may be removed for sleeping after first post-operative visit

\*\*Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

\*\*\*WB status may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

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