

	WEEK 0 Begins DOS	WEEK 1-3	WEEK 4-5	WEEK 6-7	WEEK 8-10	WEEK 11-12
Weight Bearing	NWB	TTWB	25%	50%	75% Progress to 100% with 2 crutches	100%
Brace Settings	0/0	Week 2 0/0 Week 3 0/50	0/60	0/70	Increase brace flexion settings weekly as appropriate per patient. D/C brace per MD	
PROM Goals	0-50	0-60	0-80	Increase each week until full PROM		
AROM Goals	0-50	0-60	0-75	Increase each week until full AROM		
PT visits/week	NONE	1-2	2-3	2-3	2-3	2-3
Shower	NO	W/O Brace		Sleep w/o brace		
Exercises	QUAD SETS					
	SLR's with brace			without brace		
	Ankle pumps	Patellar mobilizations				
	Heel slides	Progress to wall slides as needed				
	Hip Strengthening (supine, side lying and prone), add resistance proximal to knee					
	NOTE:	Seated swiss ball per ROM and WB guidelines for PROM and proprioception				
		CKC quad ex (as per WB guidelines)				
		BAPS partial WB----- full WB				
		Stationary Bike (per ROM and WB guidelines)				
		Total Gym per WB guidelines				
	*PT visits/wk may vary.			Heel raises		
	*Weight bearing may be progressed as per MD, based on x-ray			Step ups, front and lateral		
	*FOLLOW MD's INSTRUCTIONS.			Balance and proprioception. Dynamic Balance		
	*Return to work/recreational activities by MD only.			<i>Avoid high impact exercise. Low impact exercise as tolerated. Avoid pain and discomfort at the joint line. Maintain proper hip and knee alignment.</i>		
	Any Questions? Please contact Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060					
Reviewed September 2015						