

Post-op Management

- **Weeks 0-6**
 - Non-weight bearing with crutches, brace locked in full extension
 - ROM as tolerated, CPM for 2 hours 3x daily from 0-30 degrees of flexion out of brace
 - PT: Heel slides, quad sets, ankle pumps, seated leg raises
- **Weeks 6-8**
 - Weight bearing as tolerated with crutches, begin to advance to normalized gait pattern without crutches
 - Brace unlocked for ambulation, remove for sleeping
 - Discontinue CPM when knee flexion reaches 90 degrees
 - PT: SLR without brace if able to maintain full extension, stationary bike with low resistance
- **8 weeks - 3 months**
 - Full weight bearing, discontinue crutches when gait pattern normal
 - Discontinue brace use
 - PT: mini-squats 0-45 degrees progressing to step-ups and leg press 0-60 degrees