<table>
<thead>
<tr>
<th>WEEKS 0-6</th>
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<td><strong>DATE</strong></td>
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**WEIGHT BEARING**
- 20 - 30 lbs week 0 - 4
- Progress WB with crutches week 5-6

**ROM**
- Immediate full passive extension
- Patellar Mobs
- Minimum ROM goals
  - week 1: 0-90
  - week 2: 0-105
  - week 3: 0-115
  - week 4: 0-125
- Hamstring and calf stretches

**STRENGTHENING**
- Immediate
  - Ankle T-band
  - Quad sets
  - SLR x4
  - Stationary Bike
  - Total Gym 0-60 (week 5-6)
  - (per physician approval for PWB)
- Multiple Angle Isometrics

Frequency of visits to be determined by the therapist.

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**WEEK 6-10**

**WEIGHT BEARING**
- Progress per physician approval

**ROM**
- Progress to 135 by week 8

**STRENGTHENING**
- 4 way hip week 4
- Leg Press at week 6
  - (<body weight)
- Step ups at week 6
- 0-45 degree Squats at week 7
- Calf Raises at week 7
- Proprioception at wk 7

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**WEEK 10-16**

**ROM**
- Full flexion ROM

**STRENGTHENING**
- Leg Press 0-90
  - (>full body weight)
- 0-60 degree squats
- Leg Curl
- Forward lunge
- Stair master

**FUNCTIONAL STRENGTHENING**
- May begin jogging / running / sport specific exercises at week 16 if painfree.