

(Brace locked in extension, TTWB in brace locked in extension)
Ankle pumps every hour
Post-op brace to maintain full extension.

reW*BT/F4 12 Tf1 0 npf1 0 0 1 121.1 3

sitting with limit 0-90 deg.
May not remove brace for HEP

(ROM as tolerated, TTWB with brace locked in extension)
Continue with above exercises/ice treatments
Advance ROM as tolerated with no limits with brace on
Stationary bike for range of motion (short crank or high seat, no resistance) Ok to
remove brace for bike here
No weight bearing with knee in flexed position, continue TTWB with brace

Functional hop test > 90% contralateral side

- Doctor visit