

Rehabilitation Protocol

0-3 weeks:

- partial weight bearing
- quadriceps sets/straight-leg lifts with the brace locked
- active flexion/passive extension with brace unlocked to 30 degrees maximum



Rehabilitation Protocol

3-6 weeks:

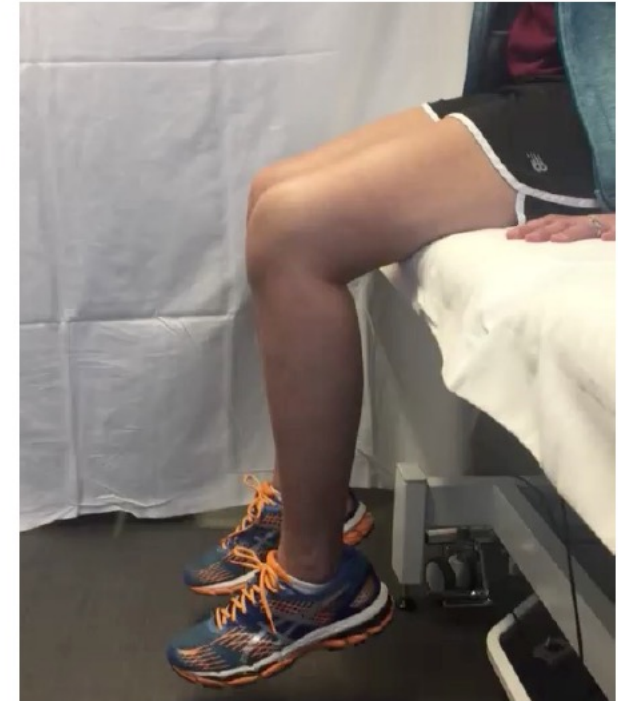
- progress to weightbearing as tolerated
- active flexion/passive extension to 60 degrees



Rehabilitation Protocol

6-9 weeks:

- wean from gait aids
- active flexion/active extension to 90 degrees
- straight-leg lifts with the brace unlocked



Rehabilitation Protocol

9 weeks:

- brace only when walking
- full active knee motion
- closed-chain resistance exercises
progressive resistance quadriceps
strengthening until return to prior
level of activity

