Post-op Days 1 – 10

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- AROM hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, Hip flexors
- Ice and Elevation

Goals

- Pain management
- Prevent swelling

Days 10 – 21

- Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
- Seated BAPS, progress to double leg in standing
- Stationary bike
- Gastroc/Soleus Stretching
- Ice as needed

Goals

- Full range of motion (ROM)
- Normal gait

Weeks 3 – 6

- Continue appropriate previous exercises
- Theraband ex x 4 – Gradually increase resistance
- Elgin Steamboats (Theraband x 4 while standing on involved LE)
- Mini-squats, Wall squats, Total gym

Continued on next page
Double leg heel raises – Progress to single leg heel raises
Single leg BAPS, ball toss, and body blade
Forward, retro and lateral step downs
Knee extension and HS curl weight machines
Proprioception ex – Single leg BAPS, ball toss, body blade
Treadmill – Walking forwards and backwards
Elliptical trainer
Pool therapy – Chest or shoulder deep water running

**Goal** – Normal strength

**Weeks 6 – 8**

Continue appropriate previous exercises
Leg press and hip weight machine
Fitter, slide board
Push-up progression
Sit-up progression
Treadmill – Walking progression program
Stairmaster
Pool therapy – Unrestricted

**Goal** – Walk 2 miles at 15 min/mile pace

**Months 2 – 4**

Continue appropriate previous exercises
Running progression program
Agility drills / Plyometrics
Transition to home / gym program

**Goals**

Return to all activities
Pass APFT at 4 months post-op

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