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**DISTAL REALIGNMENT
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE 1				
0-12 weeks	<p>* 0-6 wks: heel touch weight bearing (20%)</p> <p>6-8 wks: transition to full weight bearing</p> <p>6+ wks: full weight bearing</p>	<p>0-2 wks: locked in full extension (remove for exercise/hygiene)</p> <p>2-6 wks: unlocked</p> <p>6-8 wks: wean from brace</p>	<p>Immediate range of motion as tolerated</p> <p>6+ wks: progress to full ROM</p>	<p>1-6 wks: quad sets, co-contractions isometric abduction/adduction ankle strength, all ROM's</p> <p>6-10 wks: SLR, partial wall sits, terminal knee ext w/ TB, no greater than 45°, continue previous exercises</p> <p>10-12 wks: hamstring strength, TB resistance 0-45° light open chain ex. With all ROMs at knee and hip, continue previous exerc</p>
PHASE 2				
12 wks-16 wks	Full with a normalized gait pattern	None	Full	Begin treadmill walking at slow pace, progress to balance/ proprioception ex. initiate sports specific drills
PHASE 3				
16 wks-20 wks	Full	None	Full	Advance close chain strength ex. focus on single leg strength, progress to walking and backward movement TM, initiate light plyometric movements
PHASE 4				
20 wks-24 wks	Full	None	Full	Continue strength training, emphasize single leg loading, progressive running/ agility program, high impact activities at 16 months