



# New England Shoulder and Elbow Center

Initial PT evaluation and treatment begins post-op day 2 weeks

## Weeks 0-6

- Weight bear as tolerated in hinged knee brace
- Wean crutches as tolerated
- Brace locked with ambulation ONLY until patient is stable
- Unlock brace with all other activities (i.e. Sleeping, exercise, resting)
- Progress to a minimum of 90° of flexion by 6 weeks (if not progressing appropriately, notify physician IMMEDIATELY-BEFORE 6 WEEK APPT)

## Weeks 1-3

### **Exercises:**

- ROM
  - Seated Active Assistive Knee Flexion
  - Towel Extension
  - Hamstring/Calf Stretches
  - Heelslides
  - Stationary Bike
- Manual Therapy
  - Flexion and Extension (90° of flexion by 6 weeks)
  - Patellar Mobilizations (no lateral glides)
- Strength
  - Isometrics
  - SLRx4
  - Resisted Ankle Pumps
  - Pillow Squeezes
  - Weight Shifts
- Modalities
  - E-stim muscle re-education

## Weeks 4-6

### **Exercises:**

- Manual Therapy
  - Flexion and Extension (90° of flexion by 6 weeks)
- ROM
  - Continue Above
  - ITB Stretch
- Strength
  - Leg Press
  - Step-ups
  - Mini-squats
  - Retro Treadmill
  - Hip Abductors and Adductors with tubing
  - External Rotation with tubing
  - Clamshells
  - Heel Raises
  - Prone Hamstring Curls
  - Bridges
  - TKE (standing)
  - BAPS
  - Ball toss off trampoline with single leg stance

Weeks 7-12**Exercises:**

- Progress ROM to full ROM
- VMO strengthening
- Step-downs
- Lunges and Side Lunges
- Stairmaster
- Knee Extension
- Short Arc Quads
- Standing Hamstring Curls
- Double Leg Squats on Unstable Surface
- Single Leg Stance on Unstable Surface
- Single Leg Calf Raises (+/-Mini Squats)
- Standing hip flexion, extension, abduction, adduction (with tubing around uninvolved extremity)
- No running on back-to-back days
- Low-level plyometrics and progress as tolerated
  - Straight line jumping
  - Backward, forward, side-to-side jumping (progress to diagonals)
  - Side-to-side jumps with BOSU
  - Quick lateral shuttles from cone-to-cone
- Lunges on BOSU
- Single leg squats on trampoline
- Single leg stance on unstable surface with ball toss
- Running Drills
  - Shuttle sprints
  - Stop and go drills
  - Zig-zag running, sideways and backwards drills
  - Sprinting with cutting and pivoting drills

Weeks 12+**Exercises:**

- Running Progression
  - Treadmill walk/jog intervals
  - Treadmill Running
  - Track-run straight and walk turns
  - Track-run straight and turns
  - Run on the road
- Single leg exercises with perturbations
- Box hops
- Toe/heel walking