



## Proximal Realignment Rehabilitation Protocol

	<b>Weight Bearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Therapeutic Exercise</b>
<b>Phase I 0-3 wks</b>	0-3 wks: gradual progression of PWB with brace locked for ambulation	Locked in extension for ambulation, 0- 30 degrees at all other times	PROM ext to 0 deg, AROM 70 deg flexion	0-3 weeks: isometrics, ankle/hip PRE's, ROM per guidelines, Initiate beginner level CORE training
<b>Phase II 3-6 wks</b>	3-6 wks: WBAT with brace	3-6 wks: Unlocked per ROM guidelines. May modify this if cartilage work performed	3-6 wks: begin AROM ext., increase flexion ROM 10 deg/wk	3-6 wks: begin graded CKC therex
				6 wks: begin progressive OKC therex, Initiate intermediate level CORE training
<b>Phase III 6-8 wks</b>	FWB	6 wks: DC brace	6-8 wks: 125- 135 deg	6-8 wks: Progress CKC therex
			8 wks: Full ROM	8 wks: begin low level plyometrics, walk/jog program
<b>Phase IV 8-16 wks</b>	-	-	-	Progressive running, agility and sport specific training, Initiate advanced level CORE training