

Seth L. Sherman, M.D.

**Procedure:** \_\_\_\_\_ **Date of Procedure:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

- FOOT FLAT WEIGHTBEARING (0% WB) PATHWAY
  - Crutches for ambulation
  - Brace on and locked in terminal extension at all times (except during exercise)
  - Range of Motion
    - Gravity Assisted
      - As tolerated
      - Limited to \_\_\_\_\_ - \_\_\_\_\_ degrees
      - None
    - CPM (8 hours per day)
      - 10 deg – 45 deg, advance as tolerated
      - Limit ROM \_\_\_\_\_ - \_\_\_\_\_ degrees for \_\_\_\_\_ weeks
  - Precautions
    - Exclude short arc quad (SAQ)
    - Other \_\_\_\_\_
  - Progress to WBAT pathway with brace lock in extension
    - As tolerated
    - No sooner than \_\_\_\_\_ weeks
- WEIGHTBEARING AS TOLERATED PATHWAY
  - Brace & Crutches
    - No Brace, crutches required until can ambulate with non-antalgic gait
    - Brace, crutches required until can ambulate with non-antalgic gait
      - Initially locked in terminal extension at all times (except during exercise)
      - Begin unlocking brace with adequate quad control (i.e. can initiate short arc quad)
        - As tolerated
        - No sooner than \_\_\_\_\_.
      - Discharge brace no sooner than \_\_\_\_\_ weeks.
  - Range of Motion
    - Gravity Assisted
      - As tolerated
      - Limited to \_\_\_\_\_ - \_\_\_\_\_ degrees
      - None
    - CPM (8 hours per day)
      - 10 deg – 45 deg, advance as tolerated
      - Limit ROM \_\_\_\_\_ - \_\_\_\_\_ degrees for \_\_\_\_\_ weeks
  - Precautions
    - Exclude short arc quad (SAQ)
    - Other \_\_\_\_\_
  - Phase 2 progression when criteria are met
    - As tolerated
    - No sooner than \_\_\_\_\_ weeks.
    - Other precautions \_\_\_\_\_

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Progress patient to Tegner Level: \_\_\_\_\_

- ⇒ Phase II Goal: Return to light work/moderately heavy labor, recreational sports (swimming, cycling, walking)
- Closed Chain Range of Motion:
  - Limited to \_\_\_\_\_ for \_\_\_\_\_ weeks.
  - Progress as tolerated, pain free
- ⇒ For Tegner Activity Goal 0-3:
  - Complete Functional Capacity Test at end of this phase, prior to next physician follow-up (see appendix for testing protocol)
- ⇒ For Tegner Activity Goal 4-10: progress to Phase III once criteria are met
  - As tolerated

**PHASE III: Intermediate Phase – Linear**

- ⇒ Phase III Goal: Return to work/heavy labor, competitive cycling, recreational sports (tennis, racquetball, skiing, jogging)
- ⇒ Complete Physical Performance Test at beginning of this phase (can initiate linear jogging/running with outlined criteria achieved)
- ⇒ For Tegner Activity Goal 4-5: repeat Physical Performance Test at end of this phase (prior to next physician follow-up)
  - As tolerated
  - No earlier than \_\_\_\_\_
- ⇒ For Tegner Activity Goal 6-10: progress to Phase IV once criteria are met
  - As tolerated
  - No earlier than \_\_\_\_\_

**PHASE IV: Return to Activity Phase – High Impact**

- ⇒ Phase IV Goal: Return to recreational sports, competitive sports (soccer, football, rugby, wrestling, gymnastics, hockey, basketball, track and field athletics, running)
- ⇒ Return to Sport testing at end of this phase (prior to next physician follow-up)
  - As tolerated
  - No earlier than \_\_\_\_\_

*All above mentioned precautions and instructions correspond to phases of rehabilitation in the attached protocol. See protocol for further guidelines/details regarding recommended rehabilitation. For questions or concerns, please contact the physician's office.*

Physician Signature: \_\_\_\_\_

Date: \_\_\_\_\_