

## Appendix

TABLE E-1 Guidelines and Exercises in the 4-Phase Rehabilitation Protocol

	Immediate Postop.	1 to 3 Weeks	4 to 7 Weeks	8 to 11 Weeks
Guidelines	Active motion and weight-bearing as tolerated	Weight-bearing as tolerated and unrestricted range of motion as tolerated	Weight-bearing as tolerated and unrestricted range of motion as tolerated	Return to full activity as tolerated
Exercises	Passive flexion/extension of knee 500 reps 3 times a day gradually increasing to active flexion/extension	Active flexion and extension exercises Stretches for quadriceps, hamstrings, and Achilles tendon Quadriceps/hamstring isometrics Stationary bicycle with no resistance	Active strengthening Elastic resistance cord exercises Hydrotherapy	—