

Week Time Post-op	Brace	Mobility Weight bearing	Rehabilitation Exercises	Goals
0-3 weeks	Order patella stabilising brace pre-op Knee immobiliser overnight postoperatively	Touch weight bearing Progressing to partial weight bearing (PWB)	Prophylactic circulatory exercises, advice regarding elevation, toes, ankles, quadriceps, gluteal muscles (TAQG) Active flex with care Patella mobilisations Passive extension Cryotherapy Gait re-education Proprioceptive work (can full weight bearing but knee is to be locked in full extension) (FWB) General maintenance exercises	Prevent post-op complications Good isometric quads contraction Achieve 30° flexion Mobile patella Prevention of scar adhesions Reduce swelling Pain control Independent on crutches Independent with fitting brace Education compliance with rehabilitation programme
3-6 weeks		PWB Progressing to FWB	Gradually achieve 0-90° Co-contraction quadriceps/hamstrings Weight transference within weight bearing status Proprioceptive rehab (can FWB but knee is to be locked in full extension, (not wobble board yet) Static bike (without resistance) Core stability Closed kinetic chain exercises Illiotalibial band stretch	Range of movement 0-90° by week six Straight leg raise (SLR) Prevent scar adherence Improve proprioception Mobilise proficiently with elbow crutches