

# Greater Hartford Orthopedic Group, P.C.

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## Postoperative Rehabilitation Protocol: Proximal Realignment

### **Phase I (Day 1-Week 3)**

**GOALS:** Reduce swelling, Regain ROM

**Brace:** Knee immobilizer when ambulating

**Weight Bearing:** Full with knee immobilizer

**Exercises:** Quad sets  
Hip abduction, adduction  
Toe, Calf Raises

### **Phase 2 (week 3-6)**

**GOALS:** Quad control, Advance to Full weight bearing, Regain ROM (0-90)

**Brace:** Functional Brace as needed

**Weight Bearing:** Full

**Exercises:** Straight leg raises  
Hip abduction, adduction  
Calf raises, Toe Raises  
Bicycle

### **Phase 3 (week 6-12)**

**GOALS:** Full ROM, Regain strength

**Exercises:** Continue all exercises from phase 2  
Leg press  
Leg extension, Hamstring curls  
Lunges, minisquats, sport cords

### **Phase 4 (week 12-20)**

**Note:** May only progress to phase 4 with no effusion, no pain and full ROM

**Exercises:** Continue all exercise from phase III  
Add walk-jog program  
Plyometrics  
Sport specific exercises