

Rapid Recovery Protocol

1. Driving in 3-5 days once off narcotics.
2. Return to sedentary work at 2 weeks.
3. Crutches for 1-2 weeks weight bearing as tolerated
4. Cane for 1-2 weeks
5. Walking 1-1.5 miles without walking aides at 6 weeks.
6. Begin upper body workouts in gym as desired after 2 weeks (while sitting down).
7. Begin light lower body workouts (less than 50 lbs.) and light aerobic exercises (elliptical, exercise bike) at 6 weeks.
8. Full bending, lifting, and impact activities begin at 6 months.
9. Extreme activities are allowed at 1 year (double black diamond skiing, slide tackling in soccer, etc.)
10. No final limitations.

Modified Recovery Program

1. 10% weight bearing on operative leg with crutches for six weeks.
2. Cane for four weeks thereafter
3. No foot-over-foot stair climbing until off the cane 2.5 months postoperatively.
4. Same as other patients at 6 months.