

Brace Wearing Progression

Phase 1 (week 0-1) → Brace locked at 0 degrees extension all the time, full non-weight bearing with crutches

Phase 2 (week 2-4) → Brace locked at 0 degrees extension only when partial to full weight bearing with crutches, unlocked to 90 degrees when non-weight-bearing to start working on knee flexion

Phase 3 (week 4-5) → Unlock brace to allow full flexion (open) with partial to full weight-bearing with crutches

Phase 4 (week 5-6) → Ween off crutches with brace unlocked to allow full flexion (open)

Phase 5 (week 6) → Remove brace

NOTE: Crutch weaning and brace weaning are dependent on good quad control and walking without a limp

*Brace may be removed at night to sleep after 10 days