

**VMO - HOURLY HOME PROGRAM - LEVEL 1**

NAME: \_\_\_\_\_ CHART# \_\_\_\_\_ DATE: \_\_\_\_\_

<b>FIRST EVE</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Toe Flexes/Points 10/hour													

**-Toe touch down weight bearing**

- Drink plenty of fluids during these first few days
- Use cold cuff continually for first four days (use ace wrap to cover skin)
- Relax, rest, and elevate leg above the level of your heart (foot higher than knee) when sitting or lying down.
- It is okay to have your brace off while you are awake – wear brace while you sleep
- Your brace settings should remain @ +10 degrees extension and +30 degrees flexion

<b>DAY 1</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Toe Flexes/Points 10/hour													
Passive Heel Slides 5-10 / hour													

**-Toe touch down weight bearing**

- Drink plenty of fluids during these first few days
- Use cold cuff continually (use ace wrap to cover skin)
- Relax, rest, and elevate leg above the level of your heart (foot higher than knee) when sitting or lying down.
- It is okay to have your brace off while you are awake – wear brace while you sleep

**NO RUNNING – NO JUMPING – NO LUNGING – NO SQUATS – NO HEAVY LIFTING - NO LEG PRESSES – NO CLIMBING – NO HOPPING!!!!!!**

David A. McGuire, M.D. – 4100 Lake Otis Pkwy. #320 – Anchorage, AK 99508 Phone (907) 562-4142 Fax (907) 563-8824

**VMO HOURLY HOME PROGRAM - LEVEL 1**

NAME: \_\_\_\_\_ CHART# \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 2</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Begin Quad Sets <b>2-3 / hour</b>													
Toe Flexes/Points <b>20 / hour</b>													
Passive heel slides <b>5-10 / hour</b>													

**-Toe touch down weight bearing**

- Drink plenty of fluids during these first few days
- Use cold cuff continually (use ace wrap to cover skin)
- Relax, rest, and elevate leg above the level of your heart (foot higher than knee) when sitting or lying down.
- It is okay to have your brace off while you are awake – wear brace while you sleep

<b>DAY 3</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Quad Sets <b>2-3 / hour</b>													
Toe Flexes/Points <b>20 / hour</b>													
Passive heel slides <b>5-10 / hour</b>													

**-Continue touch down weight bearing as tolerated by pain**

- Drink plenty of fluids during these first few days
- Use cold cuff continually (use ace wrap to cover skin)
- Relax, rest, and elevate leg above the level of your heart (foot higher than knee) when sitting or lying down.
- It is okay to have your brace off while you are awake – wear brace while you sleep

**NO RUNNING – NO JUMPING – NO LUNGING – NO SQUATS – NO HEAVY LIFTING - - NO LEG PRESSES – NO CLIMBING – NO HOPPING!!!!!!!**

**VMO HOURLY HOME PROGRAM - LEVEL 1**

NAME: \_\_\_\_\_ CHART# \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 4</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Quad Sets <b>5-10 / hour</b>													
Toe Flexes/Points <b>20 / hour</b>													
Passive heel slides with massage 3 times/ day 15min each													

Continue touch down weight bearing as tolerated by pain.  
 Use cold cuff continually for the first four days (use ace wrap to cover skin)  
 Relax, rest and elevate leg above heart level (foot higher than knee) when sitting or lying down.  
 It is okay. to have your brace off while awake – continue to wear brace while sleeping

<b>DAY 5</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Quad Sets <b>10 / hour</b>													
Passive heel slides with massage 3 times/ day 15min each													
Toe Flexes/Points <b>20 / hour</b>													

Progress to **full weight bearing** as tolerated by pain      It is okay to have your brace off while awake-**continue to wear brace while sleeping**  
 Use cold cuff intermittently as desired (use ace wrap to cover skin)      Relax, rest and elevate leg above heart level (foot higher than knee) when sitting or lying down.

**VM0 HOURLY HOME PROGRAM - LEVEL 1**

NAME: \_\_\_\_\_ CHART# \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 6</b>	<b>9:00</b>	<b>10:00</b>	<b>11:00</b>	<b>12:00</b>	<b>1:00</b>	<b>2:00</b>	<b>3:00</b>	<b>4:00</b>	<b>5:00</b>	<b>6:00</b>	<b>7:00</b>	<b>8:00</b>	<b>9:00</b>
Quad Sets <b>20 / hour</b>													
Passive heel slides with massage 3 times/day 15 min.													
Toe Flexes/Points <b>20 / hour</b>													

- Continue with **full weight bearing as tolerated by pain**
- Use cold cuff intermittently as desired (use ace wrap to cover skin)
- Relax, rest and elevate leg above the level of your heart (foot higher than knee) when sitting or lying down.
- It is okay to have your brace off while your are awake - continue to wear brace while you sleep

**NO RUNNING – NO JUMPING – NO LUNGING – NO SQUATS – NO HEAVY LIFTING - NO LEG PRESSES – NO CLIMBING – NO HOPPING!!!!!!**