

### **BFR Physical Therapy Protocol – Phase III (6 – 12 Weeks Post-Op)**

1. **Leg Press Toe Raises** – Start initially doing the exercise bilaterally with approximately 40 lbs or whatever weight the patient can tolerate. Progress to using additional weight and performing the exercise unilaterally based on individual patient’s capabilities.
  - Tourniquet inflated for 5-7 minutes
    - 4 sets: 30,15,15,15 reps – 30 second break between sets
  - Tourniquet deflated for 1 minute rest
2. **Leg Press** – Begin doing exercise bilaterally. Progress to using weight over time and doing the exercise unilaterally based on individual patient’s capabilities
  - Tourniquet inflated for 5-7 minutes
    - 4 sets: 30,15,15,15 reps – 30 second break between sets
  - Tourniquet deflated for 1 minute rest
3. **Glute Bridges** - Begin doing exercise bilaterally. Progress to using resistance or weight over time and doing the exercise unilaterally based on individual patient’s capabilities.
  - Tourniquet inflated for 5-7 minutes
    - 4 sets: 30,15,15,15 reps – 30 second break between sets
  - Tourniquet deflated for 1 minute rest
4. **RDL** - Progress to using resistance or weight over time and doing the exercise unilaterally based on individual patient’s capabilities
  - Tourniquet inflated for 5-7 minutes
    - 4 sets: 30,15,15,15 reps – 30 second break between sets
  - Tourniquet deflated for 1 minute rest

## Post-Operative Physical Therapy Phase III Exercises (Weeks 6-12)



### Leg Press Toe Raises

1. Begin in a neutral position: both feet, toes only on the press plate; bottom of feet parallel to plate
2. Activate calf muscles pushing toes down and away (Plantarflexion) (Image A)
3. Slowly and in control return to neutral position

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets

Progress to completing exercise unilaterally, using similar form (Image B)



## Leg Presses

1. Sit in machine, knee(s) at 90 degrees, feet flat against press plate (Image A)
2. Push down and away extending at the knee(s) until full extension reached
3. Slowly and under control return to start position with knee(s) at 90 degrees

4 sets: 30, 15, 15, 15 reps –  
30 second break between  
sets, tourniquet deflates for  
1 minute after 4 sets

Progress to completing  
exercise unilaterally, using  
similar form (Image B)



## Glute Bridges

1. Lie on table/flat surface, back flat
2. Activate lower abdominals and glutes, pressing through the heels to lift hips toward ceiling (Image A)
3. Under control return to starting position

4 sets: 30, 15, 15, 15 reps –  
30 second break between  
sets, tourniquet deflates for  
1 minute after 4 sets

Progress to completing  
exercise unilaterally, using  
similar form (Image B)



## RDL

1. Begin standing straight up, shoulders back and core activated (good posture)
2. Maintain activated core and good posture, hinge forward at the waist pushing hips back, lowering the bar held in your hands to the. Shins should remain vertical. (Image A)
3. Slowly and under control return to starting position

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets

Progress to completing exercise unilaterally, using similar form (Image B) Ensure hips remain and shoulders remain square