

Alter G

Post-operative knee guidelines

“Gait training begins at 2.0 MPH with no incline. Gait training begins at 5 minutes per day and may progress to up to 10min” –not progressing speed until patient is 50% or greater WB in Alter G” ~www.alterg.com

Alter-G may be used for **walking** for the following:

- PWB 25% or greater when the patient is not required to wear a hinged brace (meniscectomy, debridement, AIR, TKA, etc)
- PWB 25% or greater when the patient is using an UNLOCKED hinge brace (ACLR, HTO once allowed 25%)
- Patients weaning off of a brace

Alter-G may be used for **running** for the following:

- Has met appropriate criteria per surgical protocol
- Meniscus repairs at week 12 (peripheral/vertical tears) week 16 (complex/radial tears). Start with 25% WB and progress gradually; No more than 25% increase per week
- Chondral procedures (i.e. microfx) with physician clearance (typically 12-20 weeks), beginning at 50% and progressing no more than 25% every two weeks.
 - ◊ Small lesions at 12+ weeks, larger lesions at 16+ weeks
 - ◊ Consider lesion location

Do NOT use Alter-G in the following patient scenarios:

- NWB or TTWB status
- Brace locked for weight bearing *unless requested by physician* (meniscus repairs, patella microfx, etc)
 - ◊ Anterior Interval repairs/bony reconstruction (i.e. Quad/patella tendon repairs, TTO) x 6 weeks
- Patient cannot safely enter and exit the machine without breaking precautions

**Never leave a patient unattended in the machine*

**Always use clinical judgment when deciding to utilize the Alter-G*