

Post-Operative Rehabilitation Guidelines for Femoral Condyle Cartilage Procedure - Rehab Protocol

0-2 Weeks:

- Strict TDWB with crutches
- Brace locked in full extension
- Quad sets
- Ankle Pumps
- Passive Leg Hangs to 90° at home
- 0-6 weeks: Use CPM for 6 hours/day, beginning at 0- 90°

2-6 Weeks:

- PROM/AAROM as tolerated
- Patellar mobilization
- Quad, hamstring and glut sets
- SLR
- Side lying hip and core

6-8 Weeks:

- Advance Phase I exercises
- Advance to FWB

8-12 Weeks:

- Advance to full WBAT by 8 wks
- Gait training

- Progressive Strengthening
- Begin stationary bike
- Begin closed chain exercises
- Wall Sits, Shuttle, Mini squats and Toe Raises
- Begin unilateral stance activities, balance training

12 Weeks to 6 months:

- Advance Phase III exercises
- Maximize core/glutes
- Pelvic stability work
- Eccentric Hamstrings
- Progressive Active strengthening
- May advance to elliptical, bike and pool as tolerated

6 months to 12 months:

- Advance functional activity
- Return to sport specific and impact when cleared by MD usually at 9 months.