

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

## **0-2 Weeks:**

- Strict TDWB with crutches
- Brace locked in full extension
- Quad sets
- Ankle Pumps
- Heel Slides
- Gentle Passive 0 - 90°
- 0-6 weeks: Use CPM for 6 hours/day, beginning at 0- 40 and advance 10 degrees as tolerated daily until 90° are reached.

## **2-6 Weeks:**

- Strict TDWB with crutches
- Brace locked 0 - 90°
- Side lying hip and core
- Advance quad set and stretching

## **6-8 Weeks:**

- Addition of heel raises
- Total gym (closed chain)
- Gait normalization
- Eccentric quads, eccentric hamstrings

- Advance core, glutes and pelvic stability

### **8-12 Weeks:**

- Advance to full WBAT by 8 wks
- Progress closed chain activities
- Advance hamstring work, lunges/leg press 0-90° only, proprioception/balance exercises
- Begin stationary bike

### **12 Weeks to 24 weeks:**

- Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises
- Advance core/glutes and balance

### **6 months to 12 months:**

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