

KNEEbraska

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MICROFRACTURE/ BIOCARTILAGE OF FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-6 weeks)	NWB	0-2 weeks: Locked in extension at all times. D/C at 4-6 weeks	0-6 weeks: beginning at 0-40 degrees, advance 5-10 degrees daily as tolerated	0-2 weeks: quad sets, SLR, ankle pumps, passive leg hangs to 90 degrees at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad/hamstring/glute sets, SLR, side lying hip and core
PHASE II (6-8 weeks)	Advance 25% weekly until full	NA	Full	Advance Phase I exercises
PHASE III (8-12 weeks)	FWB	NA	Full	Gait training, closed chain exercises, wall sits, mini squats, toe raises
PHASE IV (12 weeks- 6 months)	FWB	NA	Full	Advance Phase III exercises, maximize core/glutes, pelvic stability work, eccentric hamstrings May progress to elliptical, bike, pool
PHASE V (6-12 months)	FWB	NA	Full	Advance functional activity Return to full activities as tolerated; must be cleared by surgeon after 8 months