



**Cartilage Restoration**

**Physical Therapy Post op Protocol**

**Date of Surgery:** \_\_\_\_\_ **Procedure:** \_\_\_\_\_

**Surgeon:** \_\_\_\_\_

**General Precautions: NO IMPACT ACTIVITES FOR 6 MOS**

**Weightbearing Precautions: NWB with brace locked in extension 0-3 wks, 25% weightbearing with brace locked in extension wks 4-6.**

**Brace use: Locked in extension for ambulation x6 wks**

**CPM use: \_\_\_\_\_ 4wks \_\_\_\_\_ 6 wks**

**Next Follow up: \_\_\_\_\_**

	<b>Intervention</b>	<b>Milestones</b>
<b>Phase I 0-2 wks</b>	<ul style="list-style-type: none"> <li>-NWB brace locked in extension for ambulation</li> <li>-ROM 0-90</li> <li>-quad sets, patellar mobs, 4 way SLR</li> <li>-E-stim prn</li> </ul>	<ul style="list-style-type: none"> <li>- good pain control</li> <li>-ROM 0-90</li> <li>-good quad contraction</li> <li>-minimize swelling</li> </ul>
<b>Phase II 3-6 wks</b>	<ul style="list-style-type: none"> <li>-NWB wk 3, 25% WB Wk 4-6 brace locked in full extension for ambulation</li> <li>-ROM <ul style="list-style-type: none"> <li>Wk 3-4: 0-110</li> <li>wk 5-6: 0- 125</li> </ul> </li> <li>-patellar mobilizations</li> <li>-Bike for PROM starting at wk 4</li> <li>-LAQ, SAQ, HS curls, 4 way SLR</li> <li>-open chain standing hip exercises</li> </ul>	<ul style="list-style-type: none"> <li>-no swelling</li> <li>-ROM 0-125</li> <li>- active SLR without extension lag</li> </ul>
<b>Phase III wks 7-12</b>	<ul style="list-style-type: none"> <li>-Weightshifting ex, gait training</li> <li>-wean from brace and crutches when appropriate</li> <li>-ROM 0-full</li> <li>- balance/SLS</li> <li>-stairmaster/elliptical/bike</li> <li>-closed chain ex &lt;60 degrees of flexion ( mini squat, step up, step down, lateral step)</li> </ul>	<ul style="list-style-type: none"> <li>-no swelling</li> <li>-ROM 0-full</li> <li>-SLS 30 sec</li> <li>-non antalgic gait</li> </ul>
<b>Phase IV wk 13-6 mos</b>	<ul style="list-style-type: none"> <li>-Progress functional strengthening (squat, lunges, single leg press, lateral lunges)</li> <li>-Progress unlevel surface training</li> <li>-progress cardio fitness without impact</li> </ul>	<ul style="list-style-type: none"> <li>-no swelling</li> <li>- ROM 0-full</li> <li>-soreness subsides in &lt;24 hours</li> <li>-Y balance testing 94% limb symmetry index</li> </ul>
<b>Phase V 6-8 mos</b>	<ul style="list-style-type: none"> <li>-begin light agility</li> <li>-begin light plyometric activity double leg -&gt;single leg</li> <li>-increase strength, power, speed as able</li> <li>-continue unlevel surface training</li> <li>- begin return to run program</li> </ul>	<ul style="list-style-type: none"> <li>-no swelling</li> <li>-soreness resolves in &lt;24 hours</li> <li>-pass appropriate selected functional tests</li> <li>-normal running mechanics in sagittal plane</li> </ul>
<b>Phase V cont 8-10 mos</b>	<ul style="list-style-type: none"> <li>*can begin moderate impact activities (jogging, aerobics)</li> <li>-continue increase strength ,power, speed</li> <li>-sports specific drills</li> <li>-cont strength and inc cardio capacity</li> </ul>	<ul style="list-style-type: none"> <li>-no swelling</li> <li>-tolerate moderate impact activities with soreness resolving &lt;24 hours</li> <li>-pass appropriate selected functional tests</li> </ul>
<b>Phase V cont 10 mos+</b>	<ul style="list-style-type: none"> <li>*can begin high impact activities (soccer, basketball)</li> </ul>	<ul style="list-style-type: none"> <li>-pass all selected functional testing for RTS</li> </ul>