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ADVANCED ORTHOPAEDIC ASSOCIATES

Post-Operative Rehabilitation Guidelines for Femoral Condyle Cartilage Procedure

1-2 Weeks:

- Strict TDWB with crutches
- Brace locked in full extension
- Quad sets
- Ankle Pumps
- Passive Leg Hangs to 90º 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

3-8 Weeks:

- Advance Phase I exercises
- Advance to FWB

4-12 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:

- Maximize core/glutes
- Advance Phase III exercises
- 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 clear by MD usually at 9 months