



## **Cartilage Restoration Repair Rehabilitation Protocol** **(Femoral Condyle)**

<b>Phase</b>	<b>Goals</b>	<b>Precautions / Restrictions</b>	<b>Treatment</b>
<b>Weeks</b> <b>0 – 6</b>	<ul style="list-style-type: none"> <li>• Protect surgical site</li> <li>• Manage swelling and pain</li> <li>• Achieve and maintain good quadriceps activation</li> <li>• Achieve full ROM by 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• TTWB</li> <li>• No ROM Restrictions</li> </ul>	<ul style="list-style-type: none"> <li>• PRICE</li> <li>• Quadriceps activation and strength should be emphasized</li> <li>• Knee flexion and terminal extension ROM</li> <li>• Gentle stretching of hamstrings, calf, quadriceps to tolerance</li> <li>• OKC hip strengthening in all planes</li> <li>• Ok to initiate stationary biking without resistance</li> <li>• Initial visit: FOTO, LEFS</li> </ul>
<b>Weeks</b> <b>6 – 12</b>	<ul style="list-style-type: none"> <li>• Full WB ambulation by week 8-9</li> <li>• Ambulate community distances by 12 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• WBAT progressing to full WB over 2-3 weeks</li> <li>• No impact (running, cutting, pivoting)</li> </ul>	<ul style="list-style-type: none"> <li>• Begin Closed Chair Kinetic (CKC) strengthening (avoid anterior knee pain)</li> <li>• Normalize calf, hamstring, quadriceps mobility</li> <li>• Week 6: FOTO, LEFS</li> </ul>
<b>Weeks</b> <b>12 – 24</b>  (Months 3 – 6)	<ul style="list-style-type: none"> <li>• Restoring strength of quadriceps, hamstrings, hips</li> <li>• Ready to begin impact by 6 months</li> </ul>	<ul style="list-style-type: none"> <li>• No impact (running, cutting, pivoting)</li> </ul>	<ul style="list-style-type: none"> <li>• Progress CKC into greater ROM, single leg, multi-planar, and with resistance as tolerated</li> <li>• Ok to initiate elliptical</li> <li>• Week 12: FOTO, LEFS</li> </ul>
<b>Weeks</b> <b>24 +</b>  (Month 6+)	<ul style="list-style-type: none"> <li>• Begin impact training once cleared by MD (jumping, running etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid running / jumping on a painful or swollen knee</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping progression (double to single leg)</li> <li>• Return to run program (walk/jog)</li> <li>• Anticipated final visit: FOTO, LEFS</li> </ul>

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.

