



## **Cartilage Restoration Repair Rehabilitation Protocol** **(Patellar Facet)**

Phase	Goals	Precautions / Restrictions	Treatment
<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></ul>	<ul style="list-style-type: none"><li>• WBAT in knee immobilizer</li><li>• ROM restricted 0 - 90°</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>• Open Kinetic Chain hip strengthening in all planes</li><li>• Ok to initiate stationary biking without resistance (0 - 90° only)</li><li>• Initial Visit: FOTO, LEFS</li></ul>
<b>Weeks</b> <b>6 – 12</b>	<ul style="list-style-type: none"><li>• Achieve full ROM by 12 weeks</li><li>• Ambulate community distances by 12 weeks</li></ul>	<ul style="list-style-type: none"><li>• WBAT progressing to full without immobilizer</li><li>• No ROM restrictions</li><li>• No impact (running, cutting, pivoting)</li><li>• Avoid excessive patellar loading (avoid deep knee flexion, knees over toes)</li></ul>	<ul style="list-style-type: none"><li>• Begin <b>Closed Kinetic Chain</b> (CKC) strengthening (avoid anterior knee pain)</li><li>• Limit loaded knee flexion angle to 30 degrees or less</li><li>• Normalize calf, hamstring, quadriceps mobility</li><li>• Week 6: FOTO, LEFS</li></ul>
<b>Weeks</b> <b>12 – 24</b>  <b>(Months</b> <b>3 – 6)</b>	<ul style="list-style-type: none"><li>• Restoring strength of quadriceps, hamstrings, hips</li><li>• Ready to begin impact by 6-9 months (per MD)</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>  <b>(Month</b> <b>6+)</b>	<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.

