

Cartilage Restoration Rehabilitation Protocol (Femoral Condyle)

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

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 to their injury and procedure.



OkorohaPA@gmail.com



1801 Inwood Road, 1st Floor
 Dallas, Texas 75390



Office number
 214-645-3300