

Cartilage Restoration Rehab Protocol

POST OPERATIVE MANAGEMENT

- Pain control with ice, elevation, compression, and anti-inflammatories
- Weight bearing as tolerated in brace locked in 0 degrees extension

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 – 8 weeks	Weight bearing as tolerated With brace locked In full extension	Locked 0 – 30° of flexion for weight bearing	Use of a CPM for 6-8 hours/day – begin at a rate of 1 cycle/ minute, ranging from 0 – 30°	Passive stretching/exercise * 6 – 8 weeks, quad/hamstring isometrics
PHASE II 8 – 12 weeks	Full	None	Gain full and pain-free	Begin closed chain activities, emphasizing a patellofemoral program
PHASE III 12 weeks	Full	None	Full and pain-free	Introduce cutting, turning, and jumping
PHASE IV 16 -24 weeks	Full	None	Full and pain-free	Sport specific training

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician