**Physical Therapy Prescription – Knee Cartilage Repair Surgery**

Surgery: Knee arthroscopy + OAT/osteochondral allograft

Evaluate and Treat per therapist plan 1-2 times/week for 24 weeks/6 months. Please contact the office for renewal as needed.

EARLY POST OP (0-2 WEEKS):

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

WB STATUS: NON WEIGHT BEARING with crutches

IF has Brace, lock in extension when up and sleeping, unlock for ROM

CPM machine 6 hours a day

Passive/Active ROM

Straight leg raise, quad isometrics

Patella mobilizations

PHASE I (2-6 WEEKS):

GOALS:

ROM to 90

Cartilage healing

Quadriceps control

Good patella mobility

EXERCISES/RESTRICTIONS:

WB STATUS NON Weightbearing

IF has Brace, lock in extension when up and sleeping, unlock for ROM

Patella mobilizations

Active/passive/AAROM

Straight leg raise and quad isometrics

CPM 6 hours/day optimally 4-6 weeks

Modalities OK

Home exercise program

PHASE II (6-12 weeks)

GOALS:

SLOW Progression of weightbearing and wean out of brace

ROM to normal

Normal patellar mobility

Restore normal gait

Ascent stairs with good control

Return to normal ADL

EXERCISES/RESTRICTIONS:

SLOW Progression of weightbearing and wean out of brace

AAROM exercises

Leg press—0-90 deg arc

Step-up/Step-down

Lunges and squats

Proprioception/balance program - NO JUMPING OR RUNNING!

Hip/CORE program

Stair master/elliptical

Modalities OK

Home exercise program

PHASE III (12-24 weeks)

GOALS:

Descend stairs with good control

Improve flexibility

EXERCISES/RESTRICTIONS:

Progress squat program

Advance quad/hamstring program

Proprioception training

NO JUMPING OR RUNNING! NEED TO PROTECT CARTILAGE

Lower extremity stretching

Modalities

Home exercise program

PHASE IV (>24 weeks)

GOALS:

Sport specific activity

No running until 6 months unless approved by MD-**Impact and agility and running should all be in unloader brace if prescribed by MD**

Competitive activities at 9 months

EXERCISES/RESTRICTIONS:

Continue LE strengthening/flexibility

Forward running (once approved by MD)

Agility work

**Impact and agility and running should all be in unloader brace if prescribed by MD**