Mufaddal M. Gombera, MD
Orthopedic Surgery and Sports Medicine
Fondren Orthopedic Group

POSTOPERATIVE REHABILIATION PROTOCOL

KNEE ARTHROSCOPY AND MICROFRACTURE (CONDYLE)

PHASE 1
Weeks 0 to 6

Brace: Locked for 2 weeks, then 0-90
    May remove brace for exercises and CPM (and at night after 2 weeks)
Crutches: NWB for Weeks 1-2, TTWB Weeks 3-4, WBAT weeks 5 and beyond
CPM: Six hours/day, start 0-60º, increase 5-10º daily as tolerated up to 90º
    Continue for six weeks
ROM: Full passive extension immediately, NWB flexion as tolerated
    Minimum range of motion goals 0-90° week 1, 0-105° week 2, 0-115° week 3, and 0-125° week 4

Therapeutic exercises: Patellar mobs, heel slides, quad/hamstring sets, isometric abduction/adduction strengthening
Stationary bike with NO resistance as ROM allows

Week 5: Begin pool activity at the start of week 5. Gait drills with depth of water at the level of the axilla, deep water running, vertical kicking or biking

PHASE 2
Weeks 6 to 12

Full weight bearing, wean off crutches
Wean from brace and crutches as tolerated when quadriceps strength returns
Progress to full ROM
Quadriceps strengthening, Achilles/calf stretch, hamstring sets
Partial (0-45º) wall slides, closed-chain quad strengthening (0-60º)
Proprioceptive drills, non-impact balance drills
Increase resistance on stationary bike. May use elliptical trainer as tolerated

PHASE 3
Weeks 12 to 16

Advance (0-90º) closed-chain strengthening: squats, leg press, lunges
Single knee bends, rowing, forward/backward jogging, outdoor biking, jump downs (double-stance landing)
Progress to full quadriceps/hamstring strength
Movement control exercises with low velocity single plane activities, progressing to higher velocity, multi-plane activities
Sport/work specific balance and proprioceptive drills

PHASE 4
4 months to 6 months

Agility exercises
Continue jogging with progression to running
Sport-specific training
Strengthening and flexibility maintenance program
Gradual return to competitive sports participation