Post-operative Rehabilitation Protocol
Cartilage or OCD repair / OATS / Microfracture

Range of Motion: CPM, or knee flexion 200 times/day
50% weight bearing for 5 weeks post op
Use of crutches for 5 weeks post op
Pain/edema reduction
Enhance quad recruitment

0-2 weeks post op
• Range of motion (CPM or manual)
• Pain/edema control
• Quad recruitment with Time Modulated AC (also known as Russian Stim)
• Quad sets/hamstring co-contractions at multiple angles 10x10, 2-3 times daily
• SLR in brace at 0° until quad can maintain knee locked
• Heel slides in brace
• Patella mobilizations if necessary
• Obtain full extension if lacking

2 weeks post op
• Continue as above
• Aquatic therapy—after post op visit with doctor, perform functional ROM in waist deep water or deeper, forward and retro-walking, marching, lateral stepping
• Stationary bike with seat high; lower to normal seat height as tolerated
• Leg press with maximum 50% BW
• Leg extensions within ROM restrictions, use high volume and light weight
• Leg curls within ROM restrictions, use high volume and light weight

5 weeks post op
• Full WB
• No pivoting, twisting, hopping, jumping, running
• Encourage full ROM as tolerated
• Normalize gait mechanics
• Progress PRE’s open/closed chain as tolerated
• Isokinetic exercises 180, 150, 120, 90, 60°/sec, 8-10 reps up and down each speed
• Treadmill forward and retro walking
• Cable column exercises
• Single leg stands for proprioception
• Cardiovascular equipment of choice
- Slide board—start with short distance and increase as tolerated
- Be aware of PTF signs and symptoms and manage accordingly

8 weeks post op
- Continue as above
- Full ROM
- All exercises on affected leg only
- Increase PRE’s for strength, high intensity to low volume
- Single leg squats

10 weeks post op
- Continue as above
- Plyometrics—with both feet, and move to single leg ASAP
- Assess light jogging on treadmill

12 weeks post op
- Continue as tolerated
- Sport specific drills
- Plyometrics for speed and power
- Work quad to within 15% or less difference