



Knee Arthroscopy with Femoral Condyle Microfracture/Biocartilage Post-Operative Protocol

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I – Maximum Protection

Weeks 0 to 2:

- Brace- locked in full extension and non weight bearing
- Can remove brace while using CPM or during PT
- CPM for 6 hours/day beginning at 0-40 degrees, advance 5-10 degrees daily as tolerated

Goals

- Reduce inflammation and pain
- 0 degrees of knee extension

Exercise progression

- Quadriceps setting, emphasize VMO, use NMES as needed
- Straight leg raises
- Passive knee range of motion
- Multi-plane straight leg raising

Weeks 2 to 6:

- Brace- locked in full extension and touch down weight bearing, progress 25% per week until full weight bearing
- Can remove brace while using CPM or during PT
- CPM for 6 hours/day beginning at 0-40 degrees, advance 5-10 degrees daily as tolerated

Goals

- Reduce inflammation and pain
- Maintain 0° of knee extension

Exercise progression

- PROM/AAROM to tolerance
- Patella and tibiofibular joint mobs
- Quad, hamstring, and glut sets,
- Straight leg raises
- Side-lying hip and core

Weeks 4 to 6:

- Brace- able to unlock during ambulation and WBAT
- Progress ROM as tolerated to 0-90 degrees
- Initiate bike with light resistance
- Initiate loaded flexion 0-90 degrees

Goals

- Reduce inflammation and pain
- Maintain 0° of knee extension

Phase II – Progressive Stretching and Early Strengthening

Weeks 6 to 12:

- Brace- able to unlock during ambulation and WBAT
- Progress ROM as tolerated to 0-90 degrees
- Initiate bike with light resistance

Goals

- Single leg stand control
- Normalize gait
- Good control and no pain with functional movements, including step up/down, squat, partial lunge (staying less than 60° of knee flexion)

Exercise progression

- Non-impact balance and proprioceptive drills
- Stationary bike
- Gait drills
- Hip and core strengthening
- Stretching for patient specific muscle imbalances
- Quad strengthening—closed chain exercises short of 60° knee flexion

Phase III – Advanced Strengthening and Proprioception

Weeks 12 to 20:

Goals Exercise progression

- Good control and no pain with sport/work specific
- Impact control exercises beginning 2 feet to 2 feet, progressing from 1 foot to other and then 1 foot to same foot
- Movement control exercises beginning with low velocity, single plane activities and progressing to higher velocity, multi-plane activities
- Sport/work specific balance and proprioceptive drills
- Hip and core strengthening
- Stretching for patient specific muscle imbalances

Phase V – Return to Sport

Weeks 20 to 32:

Exercise progression

- Advance ladder, hurdle, and plyometrics
- Sport specific field/court drills
- Non-contact drills

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass return-to-sport functional test at >90% (involved vs uninvolved limb) ■ See testing protocol
- Display symmetry and confidence in high-speed cutting, multiplane plyometric drills, sprinting and decelerating

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____