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

Range of Motion: Knee flexion 200 times/day
50% weight bearing for 6 weeks post op
Use of crutches for 6 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

6 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