

Orthopaedic Research Clinic of Alaska (ORCA)

KNEE CARTILAGE REPAIR WITH OSTEOTOMY REHAB PROTOCOL

Phase 1: NWB

Precautions: No closed chain until healing seen on x-ray (release from MD)

Goals: ROM, edema control

Exercises/Activities:

- Heel slides 0-90 degs
- SLR
- Ankle pumps
- Resisted plantar flexion
- No resistance bike

Phase 2: PWB

Precautions:

Goals:

Exercises/Activities:

- Unloaded treadmill
- Bike low resistance
- Leg press 0-60 degrees 30% BW
- Toe raises on leg press (progress to standing)
- Pool walking

Phase 3: WBAT

Goals:

Exercises/Activities:

- Mini squats 0-45 degs
- Step ups
- Leg press 0-60 degs
- TKE
- Toe raises
- Balance activities
- Ham curls
- Moderate resistance on bike

Phase 4: Sports Specific

Goals:

Exercises/Activities: