



Always First™

FOX VALLEY ORTHOPEDICS

PROCHONDRIX CARTILAGE TRANSPLANT FEMORAL CONDYLE

PHASE 1

week 1-3

Goals: edema reduction, pain control, knee extension ROM

- NWB with brace locked in extension x 2wks (to protect graft)
- Unlock brace at 2 weeks, keep unlocked for additional 2 weeks
- NWB PROM and AAROM
- strengthening
 - quad sets with progression to SLR as tolerated
- stretching
 - hamstring and gastrocsoleus
- manual techniques
 - patellar mobilization
- modalities

PHASE 2

week 3-5

Goals: flexion ROM progression, full knee extension

- NWB
- At 4th week, may progress to WBAT by 6 weeks
- May d/c post op brace at 4 weeks. Patient may receive smaller ROM brace in the office
- NWB PROM, AROM
- strengthening
 - stationary bike
- stretching
- manual techniques
 - scar mobilization
- modalities

PHASE 3

week 6-8

Goals: gait progression, strength progression, full ROM

- progression to FWB as tolerated by 6 wks
- PROM, AROM
- strengthening
 - bilateral squat/heel raise progression
 - treadmill walking

PROCHONDRIX CARTILAGE TRANSPLANT FEMORAL CONDYLE

- stretching
- neuromuscular re-education
 - balance board bilateral LE
- manual techniques
 - joint mobilization
- modalities

PHASE 4

week 8-10

Goals: normal gait, strength progression

- PROM, AROM
- strengthening
 - step up/down progression
- stretching
- neuromuscular re-education
 - single leg stance with progression to balance board unilateral LE
- manual techniques
- modalities

PHASE 5

week 12

Goals: strength progression

- strengthening
 - light treadmill jogging
- neuromuscular re-education

PHASE 6

month 4-6

Goals: strength progression, sport preparation, return to full sports at 6 months with MD approval

- strengthening and neuromuscular re-education
 - treadmill running
 - agility drills
 - plyometrics