



This rehabilitation protocol relates **to any cartilage restoration procedure performed by Dr. Cohen.**

Program Highlights

1. Femoral Condyle and Tibial Lesions

Irrespective of the procedure, patients will remain

Non-Weight Bearing (NWB) for 4 weeks

Week 5- 25% PWB

Week 6- 50% PWB

Week 7-8- 100% PWB

The knee will be placed in a Range of Motion Brace (ROM brace) permitting progressively increasing flexion angles.

- **ROM 0-30° for 2 weeks**
- **ROM 0-60° weeks 2-4**
- **ROM 0-90° week 4-6**
- **Unlocked week 6-8**

No deep flexion loading > 90° is allowed for 3 months

2. Patella and Trochlea Lesions

A ROM is to be applied 0-30° for 6 weeks when mobilising, Patient can **weight bear as tolerated with crutches**

The knee flexion angles will be allowed to progress slowly to prevent over loading of the PFJ

- **ROM 0-30° for 2 weeks**
- **ROM 0-45° weeks 2-4**
- **ROM 0-60° week 4-6**
- **Unlocked week 6-8**

No open chain exercises are allowed for 3 months following this procedure.

No lateral patella mobilisations for 8 weeks

Total Bracing 8 weeks for all cartilage type lesions (unless concomitant collateral ligament reconstruction or osteotomy)



Phase	Goals	Weight Bearing/ROM Brace	Cardio/ROM	Strengthening
Phase 1 Non-Weight-Bearing Phase (Weeks 0-6)	<ol style="list-style-type: none"> 1. Recovery from surgery 2. Rest, ice compression and elevation 3. Prevent Muscle Loss 4. Regain range of motion 	Tibial or femoral NWB 4 weeks PWB 25% week 5 PWB 50% week 6 <ul style="list-style-type: none"> • ROM 0-30° for 2 weeks • ROM 0-60° weeks 2-4 • ROM 0-90° week 4-6 Lock in extension for 4 weeks while sleeping Patella: ROM 0-30° when mobilising and sleeping for 6 weeks WBAT with crutches	Supine/seated ROM only Heel Slides Heel Props Heel Hangs	Multi Plane SLR Multi Plane Hip Range IRQ Static quads, hamstrings, calf pumps No patella mobilisations for Patellofemoral Defect Reconstructions



<p>Phase 2 Early Weight-Bearing (Weeks 6-8)</p>	<ol style="list-style-type: none"> 1. Full ROM 2. Gait Re-Training and Quads Control 3. Body Weight Strengthening 	<p>PWB 100% Weeks 7-8, wean crutches once quads control re-gained.</p> <ul style="list-style-type: none"> • ROM Brace Unlocked weeks 6-8 	<p>Stationary Bike, no resistance to begin Treadmill Walking</p>	<p>**Body Weight Strengthening only Flexion/Extension only, no side steps or side lunges</p> <p>Half squats, Ball squats Wall slides Bridges Forward lunges to 45° Patella Mobilisations- medially only VMO strengthening</p>
<p>Phase 3 Strengthening (Week 8-16)</p>	<ol style="list-style-type: none"> 1. Enhance Strengthening 2. Loading > body weight 	<p>WBAT</p>	<p>Stationary Bike, no resistance to begin (wk 8-10) Treadmill Walking</p>	<p>Quads, hamstrings, calf strengthening</p> <ul style="list-style-type: none"> • Open chain if femoral condyle lesion only • No open chain strengthening for PFJ lesions <p>Hip abductor and adductor strengthening Step downs- front, back and lateral Lateral Lunges Romanian Deadlift unloaded from week 8, loaded week 10</p>



				<p>From Week 12 Squats (to chair if appropriate) Single leg squats to 90° Loaded Squats and Deadlift from Single limb balance and proprioception</p>
<p>Stage 4 Week 16+ Return to Sport</p>	<ol style="list-style-type: none"> 1. Integrate Plyometrics 2. Return to Functional Activity 3. Agility Training 	WBAT	<p>Multi-plane plyometrics Multi-plane Agility Cutting and Pivoting Exercises Ladder Drills Landing Mechanics</p>	<p>Return to Sport Criteria Single Leg hop Quads index > 95% Hamstrings index >95% Pain and swelling free post exercise</p>

ORTHOPAEDIC
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