

Knee Cartilage Repair Rehab Rehabilitation Protocol (ACL Intact Knee)

- I. 0-2 Weeks
 - a. Initiate Continuous Passive Motion immediately post-op
 - i. CPM 6 hours/day OR 500 cycles of active flexion TID
 - ii. ROM: 0-70 degrees, increase by 5 degrees/shift until full 90 degrees obtained
 - iii. Full Extension w/in 1 Week
 - b. TTWB/NWB w/Crutches for 6 weeks
 - c. Isometric Exercises for 6 weeks
 - d. Blood Flow Restriction (BFR) for Quad/Hamstring/LE strength to operative leg
 - e. Hinged knee brace needed to limit ROM 0-90 degrees when not at home
- II. 1-2 Weeks
 - a. Begin stationary biking w/o resistance
 - b. Begin deep water exercise program as available
 - i. Deep water running w/kickboard and/or flotation vest
 - c. Blood Flow Restriction
 - d. Continue with ROM 0-90 degrees; 400-500 cycles of motion per day
- III. 2 -6 Weeks
 - a. Continue w/crutches and TTWB status
 - b. Begin gentle progression with flexion; goal Full ROM @ 6 weeks.
 - c. Continue w/BFR, biking/water exercises
 - d. 400-500 cycles of motion per day
- IV. 6-8 Weeks
 - a. Progress weight bearing w/goal of full WB at 8 weeks
 - b. May Require Return to OR for Implant Removal During This Time
- V. 6 Weeks
 - a. Begin strengthening of periarticular muscles
 - i. Initiate elastic resistance cord exercises
 - b. More vigorous active ROM program
 - c. Walk with out Limp
- VI. 12 Weeks
 - a. Begin Jogging (start w/50-75% pace)
 - b. Full Active ROM achieved
- VII. 4-6 Months
 - a. Return to weight training w/proper form and interval type training emphasized
 - b. Return to Sports/cutting/pivoting at 4-6 Months
 - c. Full running after 6 Months