

Cartilage Restoration Rehabilitation Protocol
(Femoral Condyle)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> • Protect surgical site • Manage swelling and pain • Achieve and maintain good quadriceps activation • Achieve full ROM by 6 weeks 	<ul style="list-style-type: none"> • TTWB • No ROM restrictions 	<ul style="list-style-type: none"> • PRICE • Quadriceps activation and strength should be emphasized • Knee flexion and terminal extension ROM • Gentle stretching of hamstrings, calf, quadriceps to tolerance • OKC hip strengthening in all planes • Ok to initiate stationary biking without resistance • Initial visit: FOTO, LEFS
Weeks 6-12	<ul style="list-style-type: none"> • Full WB ambulation by week 8-9 • Ambulate community distances by 12 weeks 	<ul style="list-style-type: none"> • WBAT progressing to full WB over 2-3 weeks • No impact (running, cutting, pivoting) 	<ul style="list-style-type: none"> • Begin CKC strengthening (avoid anterior knee pain) • Normalize calf, hamstring, quadriceps mobility • Week 6: FOTO, LEFS
Weeks 12-24	<ul style="list-style-type: none"> • Restoring strength of quadriceps, hamstrings, hips • Ready to begin impact by 6 months 	<ul style="list-style-type: none"> • No impact (running, cutting, pivoting) 	<ul style="list-style-type: none"> • Progress CKC into greater ROM, single leg, multi-planar, and with resistance as tolerated • Ok to initiate elliptical • Week 12: FOTO, LEFS
Weeks 24+	<ul style="list-style-type: none"> • Begin impact training once cleared by MD (jumping, running etc.) 	<ul style="list-style-type: none"> • Avoid running/jumping on a painful or swollen knee 	<ul style="list-style-type: none"> • Jumping progression (double to single leg) • Return to run program (walk/jog) • Anticipated final visit: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.
Each patient's progress may vary based on specifics of their injury and procedure.