These are rehabilitation guidelines for OSU Sports Medicine patients. Please contact us at 614-293-2385 if you have any questions.

Rehabilitation Precautions

- Weight Bearing (WB) status varies based on lesion location, size, and physician
- It is very important to know the location and size of the lesion
  - Small lesion <2cm²
  - Large lesion >2cm²
- All progression is based on soft tissue healing
- Brace
  - Femoral condyle (FC): No brace, may use elastic wrap to control swelling
  - Patellofemoral (PF): Brace locked in 0° extension; may progress opening of brace Weeks 6-8

Weight-bearing

WB status varies based on lesion location and size

- For Femoral Condyle lesions:
  - Small FC lesions (<2.0 cm²):
    - Weeks 1-4: NWB
    - Weeks 4-6: Wean off crutches to FWB
  - Large FC lesions (>2.0 cm²):
    - Weeks 1-6: NWB
    - Weeks 6-8: Wean off crutches to FWB
- For Patellofemoral lesions:
  - Immediate TTWB of approximately 25% body weight with brace locked in full extension;
  - Week 2: progress to 50% WB - brace locked in full extension
  - Week 3: progress to 75% WB - brace locked in full extension,
  - Week 4: progress to full WB - brace locked in full extension
  - Weeks 6-8: progress opening of brace to D/C of brace

Range of motion (ROM)

- Immediate motion exercise Day 1
- Full passive knee extension immediately
- CPM 6 weeks for large FC & PF lesions; 3 weeks for small FC lesions
  - Initiate CPM day 1 for total of 8-12 hours/day (0°-60°; if PF >6.0 cm, 0°-40°)
  - Progress CPM ROM as tolerated 5°-10° per day
  - CPM for total of 6-8 hours/day for up to 6 weeks
- Patellar mobilization (4-6 times per day)
- Range of motion exercises throughout the day
- Passive knee flexion ROM at least 2-3 times daily
- Progress passive knee ROM as tolerated, NO FORCED FLEXION BEYOND 90°
- ROM goals: (PF lesions may be limited due to location and size)
  - Week 1: 0°-90°
  - Week 2: 0°-105°
  - Week 3: 0°-115°
  - Week 4: 0°-125°
Week 8: Full (equal) ROM
  • Stretch hamstrings and calf

Weeks 0 – 6
**Phase 1: Proliferation phase.**

**Goals**
  • Protect healing tissue from load and shear forces
  • Decrease pain and effusion
  • Restoration of full passive knee extension
  • Gradually restore knee flexion
  • Regain quadriceps control

**Brace**
  • See above guidelines

**Weight Bearing**
  • See above guidelines

**ROM**
  • See above guidelines

**Strengthening program**
  • Ankle pumps
  • Quadriceps setting
  • Multi-angle isometrics
  • Active knee extension 90°-40° for **FC** lesions (no resistance)
  • **NO** active NWB knee extension exercises for **PF** lesions
  • Straight leg raises (4 directions)
  • Initiate weight shifting exercises with knee in extension Week 1-2 for **PF** lesions, Week 4 for small **FC** lesions, Week 6-8 for larger **FC** lesions
  • Partial weight bearing leg press 0°-60° Weeks 4-6 for small **FC** lesions and **PF** lesions, progress to 0°-90° Weeks 6-8
  • Toe calf raises week 4-6 for small **FC** and **PF** lesions
  • May begin use of pool for gait training and exercises Week 3-4 (when incisions fully healed)
  • May begin stationary bike week 4, low resistance with appropriate seat height

**Functional activities**
  • Gradual return to daily activities
  • If symptoms occur, reduce activities to reduce pain and inflammation
  • Swelling control: Ice, elevation, compression, and modalities as needed

**Criteria to progress to phase 2**
  1. Full passive knee extension
  2. Knee flexion to 125°
  3. Minimal pain and swelling
  4. Voluntary quadriceps activity

Weeks 6-12
**Phase 2: Transition phase.**

**Goals**
  • Gradually improve quadriceps strength/endurance
  • Gradual increase in functional activities

**Weightbearing**
  • Refer to above WB guidelines
ROM

- Gradual increase in ROM
- Maintain full passive knee extension
- Progress to full knee flexion by week 8 (refer to above ROM guidelines)
- Continue patellar mobilization and soft tissue mobilization as needed
- Continue stretching program

Strengthening exercises

- Progress WB exercises
- Initiate partial weight bearing leg press for large FC lesions Week 8
- Mini-squats 0°-45° Week 8-10
- Toe-calf raises week 6-8 for FC lesions
- Progress balance and proprioception drills
- Initiate front lunges, wall squats, front and lateral step-ups Week 6-8 for small FC and PF lesions, Week 8-10 for large FC lesions
- For FC lesions, progress non-WB knee extension, 1lb/wk
- Continue stationary bicycle, low resistance (gradually increase time)
- Continue use of pool for gait training and exercise

Functional activities

- As pain and swelling diminish, the patient may gradually increase functional activities
- Gradually increase standing and walking

Criteria to progress to phase 3

1. Full ROM
2. SLR with no extensor lag
3. 10 repeated single leg step downs with good form and no reactive effusion or exacerbation of symptoms
4. 10 repeated single leg knee bends with good form and no reactive effusion or exacerbation of symptoms
5. Star Excursion Balance Test 20-30% of contralateral extremity with good form and no reactive effusion or exacerbation of symptoms (see references)
6. Timed balance testing within 30% of contralateral extremity
7. Able to bike for 30 minutes without exacerbation of symptoms or reactive effusion

Week 12-16
Phase 3: Remodeling phase

Goals

- Improve muscular strength and endurance
- Increase functional activities

ROM

- Patient should exhibit full flexion

Exercise program

- Leg press (0°-90°)
- Bilateral squats (0°-60°)
- Unilateral step-ups progressing from 5 to 20 cm
- Forward lunges
- Walking program week 10-12
- NWB extension
  - FC lesions: Progress NWB extension (0°-90°)
  - PF lesions: Begin NWB extension (90°-40°) or avoid lesion articulation
- Continue progressing balance and proprioception
- Bicycle
- Stairmaster
- Swimming
- Nordic-Track/elliptical

**Functional activities**
- Increase walking (distance, cadence, incline, etc.)

**Conditioning program**
- Initiate at weeks 12-16
- Bicycle: low resistance, increase time
- Progressive walking program
- Pool exercises for entire lower extremity
- Leg press
- Wall squats
- Hip strengthening (abduction/adduction)
- Front lunges
- Step-ups
- Stretch quadriceps, hamstrings, calf

**Criteria to progress to phase 4**
1. Full non-painful ROM
2. 20 repeated single leg step downs with good form and no reactive effusion or exacerbation of symptoms
3. 20 repeated single leg knee partial squat with good form and no reactive effusion or exacerbation of symptoms
4. Star Excursion Balance Test 85-90% of contralateral extremity
5. Timed balance and/or stability within 85%-90% of contralateral extremity
6. No reactive pain, inflammation, or swelling with activities

**Week 16-26**

**Phase 4: Maturation phase.**

**Goals**
- Gradual return to full unrestricted functional activities
- Single leg hop test within 75%-80% of contralateral extremity in order to progress to jogging activities
- 10 single leg hops with good form
- All activities should be with good form and have no reactive pain, inflammation, or effusion with exercises

**Exercise Program**
- Impact loading program should be individualized to the patient’s needs
- Continue conditioning program progression 3-4 times per wk
- Progress resistance as tolerated
- NWB extension
  - **PF** lesions: Add 1lb every 2 weeks beginning Week 20 if no pain or crepitus. Perform from 90°-40° or avoid angle where lesion articulates. Must monitor symptoms!
- Emphasis on entire lower extremity strength and flexibility
- Weeks 16-18 initiate PWB/aquatic plyometric and hopping activities
- Weeks 18-20 progress double and single leg hopping (e.g., hop downs from a small step, double and single leg hops in place, quick hops front/back/side, etc.) as long as there is no reactive pain, inflammation, or effusion – see impact guidelines below for progression of activities
• Progress agility and balance drills

**Functional activities**

• Patient may return to various sport activities as progression in rehabilitation and cartilage healing allows. (Be sure to communicate with surgeon.)
• Low-impact sports, such as swimming, skating, rollerblading, and cycling, are permitted at:
  o 2 months - small FC and PF lesions
  o 3 months - large FC lesions
• Higher-impact sports such as jogging, running, and aerobics may be performed at:
  o 4-5 months - small lesions
  o 6 months - large lesions
• High-impact sports such as tennis, basketball, football and baseball are allowed at:
  o 6-8 months - small lesions
  o 9-12 months - large lesions

**Goals to Return to Sport**

• Physician clearance
• Symmetry with functional testing (3 single-leg cross-over hopping, etc.)
• No reactive pain, inflammation, effusion, or instability with sport-specific activity

**References:**


