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Weight-baring Range of Motion **Exercises** Brace 0-2 weeks: Locked in 0-2 weeks: Quad tightening, SLR, calf 0-6 weeks: Use No weight-bearing Phase 1 full extension at all times CPM for 6 hours/day. pumps, passive leg hangs to 90° at home 0-6 weeks beginning at 0-40°; Off for CPM and 2-6 weeks: PROM/AAROM to tolerance, advance 5-10° daily exercise only patella and tibiofibular joint mobilization, as tolerated Discontinue at 2 weeks quad, hamstring, and gluteal sets, SLR, assuming quads can side-lying hip and core control SLR w/o extension lag Phase 2 Advance 25% Advance Phase I exercises None Full weekly until full 6-8 weeks Phase 3 Full Full Gait training, begin closed chain activities: None wall sits, shuttle, mini-squats, toe raises 8-12 weeks Begin unilateral stance activities, balance training Phase 4 Advance Phase III exercises; maximize Full None Full core/glutes, pelvic stability work, eccentric 12 weeks -Hamstrings 6 months May advance to elliptical, bike, pool as tolerated Phase 5 Full Full None Advance functional activity 6-12 months Return to sport-specific activity and impact when cleared by MD after 8 months CPM – continuous passive motion machine; SLR – Straight-leg raise; PROM – passive range of motion; AAROM – active assist range of motion

Autologous Chondrocyte Implantation (MACI) of Femoral Condyle Protocol