

Cartilage or OCD Repair/OATS/Microfracture/Meniscal Repair

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Patient _____
 DOS _____

Post-Op Weeks 0 – 1	Post-Op Weeks 2-5	Post-Op Weeks 6-7	Post-Op Weeks 8-9	Post-Op Week 10+
<p>Weight Bearing – 50% with crutches</p> <p>Brace –0-90° x6 weeks or Per MD</p> <p>PROM - 0-120°</p> <p>AROM - 0-90°</p> <p>Control swelling & inflammation</p> <p>Educate on rehab progression</p> <p>Patellar Mobilization Scar Mobilization</p> <p>Exercises: Ankle Pumps Quad sets (consider NMES) Hamstring co-contractions at multiple angles SLR with brace locked until adequate quad control Heel slides in brace</p> <p>CPM or knee flexion 200x a day</p>	<p>Weight Bearing – 50% with crutches</p> <p>PROM - Advance as tolerated</p> <p>AROM - Advance as tolerated</p> <p>Exercises: Continue Previous</p> <p>Overball/Sportcord</p> <p>Total Gym</p> <p>LAQ</p> <p>Hamstring Curls</p> <p>Heel Raises</p> <p>Multi-Hip Isotonics – Sidelying and Prone</p> <p>Stationary Bike</p> <p>Aqua Therapy for functional ROM, forward/retro walking, marching, lateral stepping</p>	<p>Weight Bearing – 100%, normalize gait mechanics</p> <p>PROM - Full</p> <p>AROM – Full</p> <p>Exercises: Continue Previous</p> <p>Leg Press</p> <p>DL → SL Balance/Proprioceptive Training</p> <p>Squats</p> <p>Wall Sits</p> <p>Front Step Ups</p> <p>Lateral Step Ups</p> <p>Step Downs</p> <p>Stairmaster Elliptical Treadmill</p>	<p>Exercises: Continue Previous</p> <p>Single Leg Squats</p> <p>Lunges</p> <p>Core Strengthening</p> <p>Balance & Reach</p> <p>Vectors</p>	<p>Continue Previous</p> <p>Assess light jogging</p> <p>Progress with plyometrics and sport specific drills.</p> <p>Refer to the Advanced ACL rehab protocol for ideas on exercises and progression</p> <p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">November 2019</div>