



## Post-Operative Rehabilitation for ACI of Femoral Condyle

### Phase I: Weeks 0-6

- Non-weight bearing
- Brace
  - 0-2 Weeks locked in full extension at ALL times, including sleep.
    - May come out of brace during CMP use and rehab exercise.
  - Discontinue brace at 2 weeks if Quad control/ SLR with no extension lag
- ROM:
  - 0-6 weeks
    - Use CPM 6 hours/ day.
    - Begin at 0-40° and then advance 5-10° daily as tolerated.
- Exercises
  - 0-2 Weeks
    - Quad sets, SLR, ankle pumps, Passive leg hang to 90°
  - 2-6 Weeks
    - PROM/AAROM to tolerance, patella and tibiofemoral joint mobs, quad/hamstring and glute sets, SLR, Side-lying hip/core

### Phase II: Weeks 6-8

- Weight bearing:
  - Advance by 25% each week until Full.
- ROM: Full
- Exercises:
  - Advance Phase I

### Phase III: Weeks 12-18

- Gait Training
- Exercise:
  - Begin closed chain exercises, wall sits, shuttle, mini squats, toe raises
  - Begin unilateral stance/balance training exercises.

### Phase IV: 12 Weeks -6 Months

- Advance Phase III exercises.
  - Maximize core/glute, pelvic stability
  - May advance to elliptical, bike and pool as tolerated

### Phase V: 6-12 Months

- Advance to full functional activity
- Return to sport-specific activity and impact when cleared by MD after 8 months.