



## Post-Operative Rehabilitation for De Novo Femoral Condyle

### Phase I: Weeks 0-6

- Non Weight Bearing
- Brace: (If applicable) Locked in full extension at all times including sleep. May remove for CPM and shower. Discontinue after 2 weeks.
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - CPM for 6hr/day 0-40°. Advance 5-10° as tolerated daily.
- Exercises
  - **Weeks 0-2:** Quad sets, SLR in brace, ankle pumps, heel props, passive leg hangs/flexion to 90°, calf stretching
  - **Weeks 2-6:** PROM/AAROM to tolerance, patellar mobs, quad/hamstring sets, glute sets, SLR, side lying hip/core

### Phase II: Weeks 6-8

- Weight bearing: Advance 25% weekly until full
- ROM:
  - Maintain symmetric extension
  - Progress flexion to full
- Exercises:
  - Progress Phase I exercises

### Phase III: 8-12 weeks

- Weight bearing: Full
- Maintain full ROM
- Exercises:
  - Begin closed chain exercises
  - Maintain core/glute/hip strength
  - Begin balance training
  - Gait training

### Phase IV: 12 weeks- 6 months

- Maintain full ROM

- Exercises:
  - Advance Phase III exercises including eccentric hamstrings
  - Continue to maintain core/hip/glute strength
  - Progress strength/flexibility and functional balance
  - Stationary bike, may add elliptical and pool as tolerated

**Phase V: 6-12 mo.:**

- Exercises:
  - Progress strength and functional activity
  - Return to sport specific activity and impact when CLEARED BY MD after 8 months.