



KNEE CARTILAGE REPAIR WITH OSTEOTOMY REHAB PROTOCOL

Orthopedic Research Clinic of Alaska

Phone: (907) 644-6055 | Fax: (907) 644-4885
2741 Debarr Road, Ste C214 | Anchorage, Alaska 99508
Visit us online at ORCAAK.com

PHASE 1: NWB

PRECAUTIONS:

- No closed chain until healing seen on x-ray (release from MD)

GOALS

- ROM
- Edema Control

EXERCISES/ACTIVITIES:

- Heel slides 0-90 degs
- SLR
- Ankle pumps
- Resisted plantar flexion
- No resistance bike

PHASE 2: PWB

PRECAUTIONS:

GOALS:

EXERCISES/ACTIVITIES:

- Unloaded treadmill
- Bike low resistance
- Leg press 0-60 degrees 30% BW
- Toe raises on leg press (progress to standing)
- Pool walking

PHASE 3: WBAT

GOALS:

EXERCISES/ACTIVITIES:

- Mini squats 0-45 degs
- Step ups
- Leg press 0-60 degs
- TKE
- Toe raises
- Balance activities
- Ham curls
- Moderate resistance on bike

PHASE 4: Sports Specific

GOALS:

EXERCISES/ACTIVITIES:
