



Cartilage Restoration – Femoral Condyle Protocol

Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-6 weeks	Non-Weight Bearing	None	Use CPM for first 4 weeks for 6+ hours/day 0-90° as tolerated.	Quad Sets, SLR, Calf pumps, passive leg hangs to 90° at home. NMES for quad activation. Patellar mobs. 2-6wks: PROM/AAROM to tolerance, Quad, hamstring, glute sets, SLR, side-lying hip and core.
Phase II 6-8 weeks	Advance 25% weekly to full with normalized gait pattern	None	Full ROM	Advance post-operative exercises. Gait Training. Stationary bike with minimal resistance.
Phase III 8-12 weeks	Full WB	None	Full ROM	Begin closed chain activities: wall sits, mini squats, toe raises, increase stationary bike resistance. Begin unilateral stance activities, balance training.
Phase IV 12 wks-6 months	Full WB	None	Full ROM	Maximize core/glutes, pelvic stability, eccentric hamstrings May advance with elliptical, bike, and pool as tolerated.
Phase V 6-8 months	Full WB	None	Full ROM	Advance functional activity. Open chain strengthening. Return to sport-specific activity and impact at 8 months.