



Biocartilage Protocol / Patella or Trochlear Groove Lesions : Post-Operative Instructions

Day 1-3: Knee will be locked in extension for at least 72 hours but not greater than 1 week.

Day 7: CPM and exercises (quad sets, ankle pumps) to begin after initial period where the knee is locked in extension.

-CPM to be used for 6-8 hours per day in 2 hour increments beginning at a rate of 1 cycle/minute, ranging from 0° of extension (straightening) to a maximum 45° of flexion (bending) with progressions to 6 weeks.

Week 6 & 7: PRP and Orthovisc given at the surgery center to foster regeneration and needs to be scheduled.

Weeks 6-12: Progress to full weight bearing out of brace. You can begin to swim everyday doing flutter kick only. In the pool you can walk in the shallow end and while buoyant you can walk and begin to jog. You can use a stationary bike then a bike with gradual progression of resistance and time up to 1 hour per day by 12 weeks in or out of doors. You can begin Alter G progressions first with walking gradually adding back weight bearing then running progressions depending on your situation. You must get permission to start running from your doctor.

Months 3-6: Swim everyday doing flutter kick only. In the pool you can walk in the shallow end and while buoyant you can walk and begin to jog. You can use a stationary bike then a bike with gradual progression of resistance and time up to 1 hour per day in or out of doors. You can begin Alter G progressions first with walking gradually adding back weight bearing then running progressions depending on your situation. You must get permission to start running from your doctor.

Months 5-6: You can be considered for field or court/ sports progressions depending on your situation and specific requirements. Your program will now be customized to your needs.