



PT Protocol
Articular Cartilage
Microfracture, OATS, Allograft OATS
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Phase 1: 0-6 Weeks

Goals

Protect the cartilage procedure, decrease pain and swelling, activate quads, ADL strategies

Brace and CPM

Non weight bearing for 3 weeks, then 50% PWB for 3 weeks

If CPM ordered use 6-8 hours daily for 3 weeks, advance flexion as tolerated with goal of 10 degrees per day

Use of brace depends on location of cartilage repair and procedure performed

May unlock when not weight bearing when comfortable

Range of Motion

Week 0-1: begin range of motion immediately

Week 2-6: range of motion may advance as tolerated

Strength and Conditioning

SLRs, quad sets, hip abduction and extension, short arc knee extension, open chain unweighted hamstring exercises

UBE

At 3 weeks, when 50% partial weight bearing

Supervised gait training with assist device

Bike with low resistance

Swimming or aqua jogging

Core



Phase 2: 6-12 Weeks

Goals

Full range of motion, WBAT, normalize gait, advance strength

Range of Motion

Achieve full motion

Strength

Body weight squats, wall squats, advance to lunges and single leg squats

Core and hip strength

Romanian dead lifts (RDLs)

Blood Flow Restriction (BFR) training

Open chain quad and hamstring

Conditioning

Bike (beginning with low resistance, increase resistance as fitness allows)

Elliptical after 8 weeks

Swimming, aqua jogging

Balance, proprioception, advance to include perturbation exercises

Phase 3: 3-6 Months

Goals

Advance strength and fitness, prepare to jog

Range of Motion

Full range allowed

Strength

Weighted squats and dead lifts

Core

Lateral band walking

At 4 months Power cleans

BFR



Conditioning

Advance intensity and duration on bike, elliptical
Swimming and aqua jogging
Rowing
Advance balance and perturbation training

Phase 4: Greater than 6 months

Goals

Return to full activity

Conditioning, Plyometrics, and Agility

Jogging
Single leg hops
Jump rope
Box jumps, bounding, broad jumps
Speed ladder
Sprinting and lateral movements
Sport specific drills

Criteria for Return to Full Activity

8 months post op
95% quad and hamstring strength
Full sprint without limp
Pass all single leg hop tests