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ACI Femoral Condyle Protocol:

The patient underwent Carticel Implantation of the femoral condyle. Their rehabilitation program will be individualized but general guidelines follow. It is important to note that patients will progress in rehab at a different pace which is dependent on lesion size, location, tissue quality, age, and concomitant procedures performed. At all times the patient should be monitored for new or increased joint line pain, effusion, and symptomatic complaints. The primary goal of the rehab program is to continue to avoid deleterious forces to the graft site, including excessive compression and shear forces during exercise progression.

Phase I - Protection Phase (0-6wks): The patient will be wearing a brace at all times including nighttime and the brace will be locked at zero degrees for weight-bearing activities. For the first 1 to 2 weeks the patient will be NWB, TDWB will begin between weeks 2 and 3 with PWB (1/4% body wt.) beginning at weeks 4 and 5. Range of motion exercises should be performed 6 to 8 hours per day postoperatively with full passive knee extension allowed immediately. A CPM will be initiated beginning on day one for a total of 8 to 12 hours per day with motion from 0-40 degrees for the first 2-3 wks. CPM range of motion should be increased daily by 5-10 degrees. The CPM will be utilized for 6 weeks. Patellar mobilization should be performed 4-6 times per day. Knee flexion range of motion goal is 90 degrees by two weeks, 105 degrees by 4 weeks and 120 degrees by 6 weeks. A strengthening program will also be initiated during this timeframe.

Phase 2 - Transition Phase (6-12wks): The brace will be discontinued by week 6 and a custom unloader brace will be prescribed. FWB should be attained by 9 weeks. Progressive knee flexion to 135 degrees should be attained. Strengthening should continue per the protocol.

Phase 3 - Maturation Phase (12-26wks): The goals during this phase are to improve muscular strength and endurance and increase functional activities.

Phase 4 - Functional Activities Phase (26-52wks): Gradual return to full unrestricted functional activities.