Tibiofemoral Cartilage Restoration Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following tibiofemoral cartilage restoration. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon. Femoral condyle.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-6	● **Protect surgical site** ● Manage swelling and pain ● Achieve and maintain good quadriceps activation ● Achieve full ROM by 6 weeks	● TTWB ● **No ROM restrictions**	**General guidelines** ● PRICE ● Quadriceps activation and strength should be emphasized ● Knee flexion and terminal extension ROM ● Gentle stretching of hamstrings, calf, quadriceps to tolerance ● OKC hip strengthening in all planes ● Ok to initiate stationary biking without resistance **Initial visit** ● FOTO, LEFS
Weeks 6-12	● Full WB ambulation by week 8-9 ● Ambulate community distances by 12 weeks	● WBAT progressing to full WB over 2-3 weeks ● **No impact (running, cutting, pivoting)**	**General guidelines** ● Begin CKC strengthening (**avoid anterior knee pain)** ● **Normalize calf, hamstring, quadriceps mobility** **Week 6** ● FOTO, LEFS
Weeks 12-24	● Restoring strength of quadriceps, hamstrings, hips ● Ready to begin impact by 6 months	● **No impact (running, cutting, pivoting)**	**General guidelines** ● Progress CKC into greater ROM, single leg, multi-planar, and with resistance as tolerated ● Ok to initiate elliptical **Week 12** ● FOTO, LEFS
Weeks 24+	● Begin impact training once cleared by MD (jumping, running etc.)	● **Avoid running/jumping on a painful or swollen knee**	**General guidelines** ● Jumping progression (double to single leg) ● Return to run program (walk/jog) **Anticipated final visit** ● FOTO, LEFS