

JOHNS HOPKINS CENTER FOR CARTILAGE RESTORATION CENTER
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CARTICEL IMPLANTATION REHABILITATION GUIDELINES FEMORAL CONDYLE REPAIR

PHASE 3:REMODELING PHASE WEEK 13+

BRACE:

- *Discontinue when good quad control is established.
- *Use unloading knee brace

GAIT:

- *Discontinue assistive device when steady gait is established.

ROM:

- *Continue full ROM
- *Patient should have 125-135 degrees of flexion.

EXERCISE PROGRAM:

- *Leg Press (0-40° short arc quads)
- *Walking program
- *Pool exercises for entire lower extremity
- *Bicycle
- *Closed chain but no lunges or mini squats
- *Stair machine
- *Swimming
- *Ski machine/Elliptical trainer (3 wks begin slowly)

FUNCTIONAL ACTIVITIES:

- *As patient improves, increase walking (distance, cadence, incline, etc.)

MAINTENANCE PROGRAM:

- *Initiate by weeks 16-20
- *Bicycle – low resistance, increase time
- *Progressive walking program
- *Pool exercises for entire lower extremity
- *Straight leg raises
- *Leg press
- *Wall sits

- *Hip abduction/adduction
- *Step-ups
- *Stretch quadriceps, hamstrings, calf
- *Step training (teach gait for steps)

CRITERIA TO PROGRESS TO PHASE IV:

- *Full non-painful ROM
- *Strength within 80%-90% of contralateral extremity
- *Balance and/or stability within 75% of contralateral extremity
- *Rehabilitation of functional activities causes no or minimal pain, inflammation or swelling

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