

|                        | MOVEMENT  | MOBILITY                       | REHABILITATION EXERCISES  | GOALS BEFORE PROGRESSION  |
|------------------------|---|--------------------------------|---|---|
| In-patient<br>0-3 Days | Immediate CPM, if available. PROM and CPM settings as tolerated. Apply for 6-8 hours within a 24-hour period. Splint limiting active range to 0°-30° when CPM not in situ | Weight bear to comfort with EC | Cryotherapy<br>SQ<br>SLR (if no lag)<br>Passive ROM exercises/ mobilisations (including the patella)<br>EOR extension mobilisations<br>Calf/ Gluteal --> circ. ex.  | <ul style="list-style-type: none"> <li>☐ Independent mobility</li> <li>☐ Good understanding of post-operative rehabilitation</li> <li>☐ No complications following surgery</li> </ul> |
| From Discharge home    | Splint limits active Quads movement, 0°-30°<br>No limit to active assisted ROM F/ E in prone.   | Gradually, wean off EC.        | Continue/ progress above<br>Active Quads/ Hams @ 0°-30°<br>Active Add./ Abductors, adding resistance as tolerated<br>SLR and F/ E in prone<br>Early VMO<br>Early proprioception<br>Upper body<br>Contralateral leg<br>Flexibility<br>Unicam bike, passive setting | <ul style="list-style-type: none"> <li>☐ Minimal pain</li> <li>☐ Full passive extension</li> <li>☐ SLR no lag</li> </ul>  |

**References:**  
Irrgang JJ, Pezzullo D: Rehabilitation following surgical procedures to address articular cartilage lesions in the knee. JOSPT 28 (4): 232-240, 1998  
  
McGinty G, Irrgang JJ, Pezzullo D: Biomechanical considera

**KEY:**  
**circ. ex.** circulatory exercises  
**CKC** Closed Kinetic Chain  
**CPM** Continuous Passive Movement machine  
**E** Extension  
**EC** Elbow Crutches  
**EOR** End of Range  
**F** Flexion  
**Hams** Hamstrings  
**OKC** Open Kinetic Chain  
**PWB** Partial Weight Bearing  
**PROM** Passive Range of Movement  
**Quads** Quadriceps  
**SLR** Straight Leg Raise  
**SQ** Static Quadriceps  
**VMO** Vastus Medialis Oblique

|                 |   |  |  |  |
|-----------------|---|--|--|--|
| From Week 4     | Active movement limited to range that does not engage lesion in CkC |  | Isometric, Co-contraction Quads/ Hams. at varying angles that do not engage the lesion.<br>CKC Quads/ Hams 0°-45°<br>Hydrotherapy<br>Early plyometrics   | <ul style="list-style-type: none"> <li>┌ Good co-contractive muscle control</li> <li>┌ Pain free</li> <li>┌ Minimal effusion</li> </ul>  |
| From Week 6     | No limit to active movement.  |  | Progress above OKC Hams<br>OKC Quads start at 90°-50° and 20°-0° and progress through range as tolerated<br>Add resistance as tolerated and indicted for specific sport/ activities                          | <ul style="list-style-type: none"> <li>┌ Normal independent gait pattern</li> <li>┌ Quads and Hams strength at least 80% to that of contralateral leg</li> <li>┌ No effusion</li> <li>┌ No pain</li> <li>┌ No mechanical symptoms</li> </ul> |
| From Week 8     |   |  | Treadmill light interval jogging on a sprung surface. Gradually progress duration and pace as symptoms allow.<br>NB. Smaller lesion sites may progress quicker than larger sites.<br>Use clinical judgement. | <ul style="list-style-type: none"> <li>┌ No effusion</li> <li>┌ No pain</li> <li>┌ No mechanical symptoms</li> <li>┌ No altered jogging pattern (limp) with respect to fatigue</li> </ul>  |
| From Week 12    |   |  | Agility/ cutting/ twisting/ turning<br>Sport specific  | <ul style="list-style-type: none"> <li>┌ No effusion</li> <li>┌ No pain</li> <li>┌ No mechanical symptoms</li> </ul>   |
| From Week 14-16 |   |  | Return to sport  | <ul style="list-style-type: none"> <li>┌ No effusion</li> <li>┌ No pain</li> <li>┌ No mechanical symptoms</li> <li>┌ Fully fit for demands of specific sport</li> </ul>  |