



Mid-America Orthopedics

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PHYSICAL THERAPY

Mosaicplasty/OATS: Weightbearing Femoral Condyle Stage I: Healing Phase (0-6 weeks)

****Knee immobilizer or brace** thru week 1

--locked at 0 degrees weeks 1-4, open brace weeks 4-6

****Non-weightbearing with crutches** x 4 weeks (TTWB ok) then advance to WBAT

****CPM** ~ 4-6 hours daily x6 weeks, start 0-60 degrees post-op, progress to 110 degrees by 6 weeks, and full ROM by 12 weeks post-op.

ROM Exercises: Week 0 - 6: 0-110 degrees

(goal 90 degrees flexion by week 3, 110 degrees by week 6)

Isometric quad sets and SLR: start immediately post-op

wear knee immobilizer during SLR

may apply e-stim for poor quad function

- Gentle multi-directional patella mobilization immediately after surgery
- Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions 2-3 weeks post-op
- Hamstring/adductor/abductor/quadriceps/Achilles stretching
- Whirlpool therapy if available at 2-3 weeks post-op to enhance motion
- Stationary bicycle with no resistance once 90 degrees knee flexion obtained (~4 weeks)
- Anti-inflammatory modalities as needed (US/massage/e-stim)
- Cryotherapy and compression stockings/TEDS for swelling and pain control
- E-stim for quadriceps muscle re-education/biofeedback as needed