



# Mid-America Orthopedics

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## PHYSICAL THERAPY

### Mosaicplasty/OATS: Weight bearing Femoral Condyle Stage 2: Transitional Phase (7-12 weeks)

**\*\*Weight-bearing status:** progress off crutches to full WBAT

ROM Exercises: continue full AROM and gentle PROM exercises  
CPM may be discontinued

Therex

- Low weight (max 10-20lbs.) open-chain leg extension and curl
- Stationary bicycle with gradual increased tension per level of comfort
- Continue quad sets, SLR in brace, leg curl and heel slides
- Strengthen quads, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated
- Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction
- Continue multi-directional patella mobilization
- Hamstring/adductor/abductor/ quadriceps /Achilles stretching
- Whirlpool therapy if available to enhance motion and quadriceps/hamstring muscle control
- E-stim for VMO/quadriceps muscle re-education/biofeedback as needed
- Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
- Activity level should be modified if increased pain, catching, or swelling occurs