



Mid-America Orthopedics

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PHYSICAL THERAPY

Mosaicplasty/OATS: Weight bearing Femoral Condyle Stage 3: Remodeling Phase (13+ weeks)

****Weight-bearing status:** full weight-bearing as tolerated with crutch or cane as needed/pain allows

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

Therex

- Resisted open-chain exercise with ≤ 20 lbs to be progressed as tolerated after 6mos
- Closed-chain exercise to promote knee stability and proprioception through full ROM as tolerated
- Cycling on level surfaces permitted with gradual increase in tension per level of comfort
- Treadmill walking encouraged
- Rollerblading permitted at 6-7 months
- 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

****no pivoting sports should be started without MD clearance**

****no squats, no leg presses allowed**