Microfracture, Biocartilage or ACI Rehabilitation Program

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**Diagnosis:** Right / Left Microfracture or Biocartilage or ACI ____________________

**Date of Surgery:** ________________________________

**Weeks 0-6 (Phase I):**
- **Weightbearing**
  - 0-6 weeks: Toe-touch weight bearing (TTWB).
- **Brace/ROM**
  - 0-6 weeks: Brace open from 0-90°
  - 0-6 weeks: CPM use 6-8 hrs/day, 1 cycle/min, advance 10°/day beginning at comfortable flexion angle
- **Exercise**
  - 0-6 weeks: Quad sets, patellar mobs, SLRs, ankle pumps, resisted ankle movements
  - 0-6 weeks: Passive stretching/exercise emphasized primarily for first 6 weeks

**Weeks 6-12 (Phase II):**
- Progress WB with crutches and progress to full WB w/o crutches
- Progress Phase I exercises
- No Brace
- Initiate stationary bike at low resistance
- Progress active strengthening

**Weeks 12 and beyond (Phase III):**
- Progress running, jogging, biking
- Progress sport or job specific activities
- Progress to full return as tolerated

**For more information please visit:** www.tsaog.com/drnuelle