



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