



**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY PROTOCOL – Cartilage Restoration Femoral Condyle**

Phase I: 0-2 weeks

- Edema and pain control
- CPM: 6 hrs a day beginning 0-30 deg and advance 10 deg daily as tolerated
- Weight bearing status: heel touch WB in extension with crutches
- ROM: progress as tolerated
- Brace: locked in extension during ambulation
- Exercises: patellar mobs, gastroc/soleus stretch, calf pumps

Phase II: 2-6 weeks

- WB status: Heel touch WB in extension with crutches
- CPM: full motion
- ROM:
  - o Progress to full
- Brace:
  - o unlocked
- Exercises: Phase I + straight leg raises, hip/glutes/core, encourage active knee flexion/extension daily without resistance

Phase III: 6-12 weeks

- WB status: full without brace
- ROM: full
- Brace: wean off
- Exercise: Continue Phase II

Phase IV: 3-6 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + pool work, elliptical, biking

Phase V: > 6 mo

- Advance sports related training activity
- Return to sport when cleared by MD (generally after 9 mo)