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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Cartiheal Agili-C Osteochondral Restoration to Femur

Phase I: 0-6 weeks
- Edema and pain control
- Weight bearing status:
  - 0-2 weeks: TTWB with brace locked in extension and crutches (ok for heel touch)
  - 2-6 weeks: 50% WB with crutches
- ROM: beginning at 0-40 deg and advance 5-10 deg per day as tolerated
- Brace: locked in extension during ambulation
- Exercises:
  - 0-2 weeks: straight leg raises, calf pumps, patella mobs
  - 2-6 weeks: PROM/AROM as tolerated, side lying hip/core

Phase II: 6-12 weeks
- Weight Bearing Status: full
- ROM: full active range of motion
- Brace: unlocked
- Exercises: Advance Phase I exercises + glut sets, front/side planks

Phase III: 3-6 mo
- WB status: full
- ROM: full
- Brace: unloader brace
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, mini-squats, proprioception exercises

Phase IV: 6-12 months
- WB status: full
- ROM: full
- Brace: unloader
- Exercise: Phase III + advance to open chain exercises, gradual return to sports