

1900 Lafayette Road
Portsmouth, NH
(603) 431-1121



16 Hospital Drive
York, ME
(207) 363-3490

Tyler P. Welch, M.D., FAAOS
www.SeacoastSportsSurgeon.com

REHABILITATION PROTOCOL – ACI FEMORAL CONDYLE

Phase I (0-6 weeks)

Weight Bearing: Non weight-bearing

Brace:

- Weeks 0-2: Locked in extension for sleeping and all activity (off for CPM)
- Weeks 2-6: 0-90°

ROM: Start at 0-45° with CPM; advance 5-10° daily as tolerated with CPM or stationary bike

Exercises:

- Weeks 0-2: Quad sets, patellar mobilization, straight leg raises, ankle pumps
- Weeks 2-6: Patella mobilization, quad/hamstring/gluteal sets, SLRs, side-lying hip, core

Phase II (6-8 weeks)

Weight Bearing: Advance to as tolerated at 8 weeks

Brace: None

ROM: Full

Exercises: Continue as above

Phase III (8-12 weeks)

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Proprioception exercises (unilateral stance, balance)

Phase IV (12-26 weeks – only advance to Phase IV if no swelling and full ROM):

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Eccentric hamstring, gluteal strength; maximize core/gluteal strength
- Elliptical, stationary bike, pool
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

www.SeacoastSportsSurgeon.com