



## **KNEE CHONDROPLASTY SURGERY (MEDICAL FEMORAL CONDYLE)**

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### **I. IMMEDIATE POST-OPERATIVE PHASE**

**GOALS:**     **Quad control (ability to perform 5 leg raises)**  
                  **Passive Range of motion of knee 0°-90°**  
                  **Full passive knee extension**  
                  **Ambulation with crutches/walker**

#### **POD 1**

**Weight Bearing** – Non weight bearing per MD with crutches/walker (6 weeks usually)

**Exercise** – ankle pumps  
              straight leg raises  
              heel slides, 0° - 45°  
              Patellar gliding

**CPM** 0° - 90° as tolerated

**Ice & Elevation** – Ice pack 20 minutes every two hours and elevate knee in extension.

#### **POD 2 TO 4**

**Surgical site care** – Physical Therapy or MD Clinic for daily dressings

**Exercises** - heel slides 0 - 90° (as tolerated)  
              4 way straight leg raises  
              Biodex start PROM (0 - 90°)

**Home -** Ice, elevation, exercises, CPM  
Shower: cover incision with band aide  
Brace: discontinue knee immobilizer

## **POD 5-7**

Range of Motion – Patient performs 4-5 times per day (CPM at home)

### **EXERCISES:**

Knee flexion (0 - 90°)	Biodex	CPM
Ankle pumps	SLR –4 way	
Active knee extension	Patellar gliding	
	hamstring curls	
	Good leg cycling	
CPM 0 - 90°		

INCISIONS: (week, staples/sutures removed by PT or MD clinic. Patient can shower now.

## **II. HEALING PHASE (WEEK 2-6)**

### **GOALS:**

**Decrease fibrosis of the knee joint**  
**Decrease swelling**  
**Protect bone – maintain NWB status**

#### **WEEK 2**

Range of Motion - 0° to 105° 4-5 times per day  
Exercise – same as week start knee flex/extension with tubing in sitting position (submax).

CPM 0° to 105°

Swelling control: Ice, compression, elevation.

#### **WEEK 3**

ROM – 0 - 115°  
Exercises – same as week 2  
Biodex CPM  
Biodex submaximal isokinetics, medium velocity, pain free

#### **WEEK 4-5**

## **GOALS**

**Maintain NWB per MD**  
**Attain full knee flexion**  
**Quad Strengthening**

### **EXERCISES:**

Same as week 3  
Biodex submaximal isokinetics, medium      pain free  
Cycling for ROM, no resistance

WEEK 6-8

## **GOALS:**

**Progress to weight bearing as tolerated**  
**When ordered by MD (cane, etc)**  
**Normalize the gait pattern**

### **EXERCISES:**

Same as week 4-5  
Biodex isokenetics, strengthening, pain free  
Cycling for endurance and strengthening  
Step-ups 3 inch and progress to full step  
Stair stepper  
Proprioceptive and balance training  
Pool therapy

WEEK 9-10

## **GOALS – Normal gait pattern**

### **EXERCISE**

Home Program – cycling, pool, knee bench (90 to 30°)  
Low impact exercise  
Weight loss if needed