

## **PHYSICAL THERAPY**

### **Mosaicplasty/OATS: Weight-bearing Femoral Condyle**

#### **Stage 2: Transitional Phase (7-12 weeks)**

**\*\*Weight-bearing status:** progress off crutches to full WBAT

**ROM Exercises:** continue full AROM and gentle PROM exercises  
CPM may be discontinued

#### **Therex**

- Low weight (max 10-20lbs.) open-chain leg extension and curl
  - Stationary bicycle with gradual increased tension per level of comfort
  - Continue quad sets, SLR in brace, leg curl, and heel slides
  - Strengthen quads, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated
  - Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks, as tolerated per weight-bearing restriction
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- Continue multi-directional patella mobilization
  - Hamstring/adductor/abductor/ quadriceps /Achilles stretching
  - Whirlpool therapy if available, to enhance motion and quadriceps/hamstring muscle control
  - E-stim for VMO/quadriceps muscle re-education/biofeedback as needed
  - Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
  - Activity level should be modified if increased pain, catching, or swelling occurs