

PHYSICAL THERAPY

Mosaicplasty/OATS: Weight-bearing Femoral Condyle

Stage 3: Remodeling Phase (13+ weeks)

****Weight-bearing status:** full weight-bearing as tolerated with crutch or cane as needed/pain allows

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

Therex

- Resisted open-chain exercise with ≤ 20 lbs to be progressed as tolerated after 6mos
- Closed-chain exercise to promote knee stability and proprioception through full ROM as tolerated
- Cycling on level surfaces permitted with gradual increase tension per level of comfort
- Treadmill walking encouraged
- Rollerblading permitted at 6-7 months

- 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

****no pivoting sports should be started without MD clearance**

****no squats, no leg presses allowed**