

# Cartiheal Rehab Protocol: Trochlea

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Rehab Protocol	Range of Motion	Bracing	Weight Bearing	Additional Guidelines
<b>Trochlea Stage 1:</b> Immediate Post-operative (0-6 weeks)	No restriction; progress as tolerated to full ROM by week 6-8. CPM optional, but not required; passive ROM using stationary bike without resistance.	Locked in extension for weight bearing as tolerated.	Weight bearing as tolerated in full extension (brace locked.) progression to full weight bearing (if not locked in extension) in 6 weeks	Regain full knee extension Regular exercise bike as early as possible and increase resistance at ~6 weeks. Edema control: Cryotherapy Quadriceps and hip/gluteal strengthening (non-weight bearing). Pool therapy
<b>Trochlea Stage 2:</b> Endurance Strength Building (6-12 weeks)	No restriction; progress as tolerated to full ROM by week 6-8 CPM optional, but not required; passive ROM using stationary bike without resistance.	No bracing	Full weight bearing	Edema control: Cryotherapy as needed. Quadriceps and hip/gluteal strengthening progression. Pool therapy. Ride against resistance (road bike) at 3 months.
<b>Trochlea Stage 3:</b> Maximum Strength and Explosive Power Building (12 weeks - 6 months)	No restrictions	No bracing	Full weight bearing	Emphasis on Normal Gait Pattern Progression of strengthening exercises without pain or swelling. Return to low-impact recreational activities. Light jog at 6 months.
<b>Trochlea Stage 4:</b> Running and Cutting/Return to Sports	No restrictions	No bracing	Full weight bearing	Progressive straight-line running, lateral drills, multidirectional agility drills. Return to running (high impact), pivoting and rotational sport at 9 months pending patient key parameters like weight, quad strength, etc.

# Cartiheal Rehab Protocol: Condyle

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Rehab Protocol	Range of Motion	Bracing	Weight Bearing	Additional Guidelines
<b>Condyle Stage 1:</b> Immediate Post-operative (0-6 weeks)	No restriction; progress as tolerated to full ROM by week 6. CPM optional, but not required; passive ROM using stationary bike without resistance.	No bracing	2-3 weeks non-weight bearing progress to full weight bearing by 4-6 weeks	Regular exercise bike as early as possible and increase resistance at ~6 weeks Edema control: Cryotherapy Quadriceps and hip/gluteal strengthening (non-weight bearing) Pool therapy
<b>Condyle Stage 2:</b> Endurance Strength Building (6-12 weeks)	No restrictions	No bracing	Full weight bearing	Edema control: Cryotherapy Quadriceps and hip/gluteal strengthening progression Pool therapy Ride against resistance (road bike) at 3 months
<b>Condyle Stage 3:</b> Maximum Strength and Explosive Power Building (12 weeks-6 months)	No restrictions	No bracing	Full weight bearing	Emphasis on Normal Gait Pattern Progression of strengthening exercises without pain or swelling Return to low-impact recreational activities Light jog at 6 months
<b>Condyle Stage 4:</b> Running and Cutting/Return to Sports	No restrictions	No bracing	Full weight bearing	Progressive straight-line running, lateral drills, multidirectional agility drills Return to running (high impact), pivoting and rotational sport at 9 months pending patient key parameters like weight, quad strength, etc