

## ACI OF FEMORAL CONDYLE REHABILITATION PROTOCOL

|  | <b>WEIGHT BEARING</b>         | <b>BRACE</b>   | <b>ROM</b>   | <b>EXERCISES</b>   |
|--|-------------------------------|--|--|--|
| <b>PHASE I</b><br>0-6 weeks            | Non-WB                        | <p><b>0-2 weeks:</b> Locked in full extension at all times</p> <p>Off for CPM and exercise only</p> <p>Discontinue at 2 wks assuming quads can control SLR w/o extension lag</p> | <p><b>0-6 weeks:</b> Use CPM for 6 hours/day, beginning at 0-40°; advance 5-10° daily as tolerated</p> | <p><b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 90° at home</p> <p><b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core</p> |
| <b>PHASE II</b><br>6-8 weeks           | Advance 25% weekly until full | None   | Full   | Advance Phase I exercises  |
| <b>PHASE III</b> 8-12 weeks            | Full                          | None   | Full   | <p>Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises</p> <p>Begin unilateral stance activities, balance training</p>   |
| <b>PHASE IV</b><br>12 weeks – 6 months | Full                          | None   | Full   | <p>Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings</p> <p>May advance to elliptical, bike, pool as tolerated</p>  |
| <b>PHASE V</b> 6-12 months             | Full                          | None   | Full   | <p>Advance functional activity</p> <p>Return to sport-specific activity and impact when cleared by MD after 8 mos</p>  |