

AMIC (Cartilage Restoration Procedure) - Femoral Condyle Defect Rehabilitation Protocol

PHASE	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE1 0-6 WEEKS	Toe touch weight bearing with crutches and a brace	Extension brace at 0 degrees (remove for hygiene/exercise)	Flexion 0-90 degrees (Optional use of CPM machine - see below)	Passive stretching/ROM exercises, quads, hamstring isometrics, ankle pumps
PHASE 2 6-12 WEEKS	Gradual return to full weight bearing	None	Full pain free ROM	Progressive active strengthening
PHASE 3 12- 20 WEEKS	Full	None	Full	Jogging at 16 weeks Gradual introduction of agility drills, plyometrics, sports specific exercises
PHASE 4 20 WEEKS OR BEYOND	Full	None	Full	Return to sports

***Use of CPM (Continuous Passive Motion) Machine**

A CPM machine may be required if you experience stiffness during the rehabilitation process or if instructed by your surgeon.

- CPM use typically begins **4 to 5 days after surgery**.
- Initial range of motion should be set from **0 to 30 degrees**, increasing by **5 degrees per day as tolerated**.