

## AMIC (Cartilage Restoration Procedure) - Trochlear/Patellar Defect Rehabilitation Protocol

PHASE	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
<b>PHASE 1 0-6 WEEKS</b>	Weight bearing as tolerated with crutches and a brace	Extension brace at 0 degrees (remove for hygiene/exercise)	0-2 weeks: 0-30° 2-4 weeks: 0 to 60° 4-6 weeks: 0 to 90°	Passive stretching/ROM exercises, quads, hamstring isometrics, ankle pumps
<b>PHASE 2 6-12 WEEKS</b>	Full	None	Full pain free AROM	Begin closed kinetic chain exercises. Avoid leg extension.
<b>PHASE 3 12- 24 WEEKS</b>	Full	None	Full	Jogging at 16 weeks
<b>PHASE 4 24 WEEKS OR BEYOND</b>	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**.