

Subchondroplasty Post-Op Knee Rehabilitation Program

First 2 Weeks Post-Op

- Weightbearing: Toe touch weight bearing with crutches
- No physical therapy for first 2 weeks post-op

Weightbearing

- Your therapist will tell you how much weight to place on your leg. When walking on crutches, place the crutches out first, followed by the surgical leg. Focus on straightening your leg as the heel contacts the floor. Keep your leg straight as your opposite leg steps forward.

Crutches

- Use your crutches for the length of time that your doctor or therapist indicates. When weaning off the crutches, you may drop down to one crutch under the opposite arm until you feel comfortable without them.

Ice

- Apply ice to your knee for 20 minutes every hour for the first 24 hours while you are awake. After the first 24 hours ice as needed during the day. Ice your knee for 20 minutes before and after exercises.

Compression

- Use the Ace wrap to keep the swelling and bleeding to a minimum. Continue to use the Ace wrap until the swelling has seemed to decrease back to normal. At night you may remove the bandage or loosen to avoid pooling fluids in the lower leg.

Elevation

- Keep your leg elevated above your heart. Be sure to keep the leg straight and only place the pillows under the lower leg as shown. It is important to keep the swelling out of your knee. Keep it elevated as much as possible.



Exercise

- Perform your exercises 2-3 times a day. Be sure to ice for 20 minutes after your exercises. It is important to start your exercises the day of surgery as soon as you are comfortable at home.

Heel Slide

- Slide your heels towards your buttocks. If this is difficult use a towel or a belt around your foot to help pull your leg toward you. Hold for 10 seconds. Perform 3-5 sets of 10 repetitions.

Passive Knee Extension to Zero

- Straighten leg by sliding heel downward with your involved foot. Use hands to put pressure on leg above patella, try to make the knee as straight as possible. Hold 10 seconds. Perform 2 sets of 5 repetitions.
- You may begin to ride a stationary bicycle as your knee range of motion allows. Adjust seat so involved leg is almost straight. Begin 2 minutes and progress to 5 minutes.

Exercises

- Ankle Pumps: with your leg as straight as possible pump your foot up and down. It is best to perform this exercise with your leg elevated.



- Quad Sets: with the leg as straight as possible, tighten the front of the thigh muscle (quadriceps), trying to pull the knee cap towards you. Hold for 5 seconds. Completely relax the thigh between contractions. Perform 3-5 sets of 10 repetitions.



- 6" Straight Leg Raise: tighten the quadriceps as in the quad set. Keeping your leg straight, lift your leg off the floor approximately 6 inches. Hold this for 5 seconds and then slowly lower. Completely relax the thigh between contractions. Perform 3-5 sets of 10 repetitions.



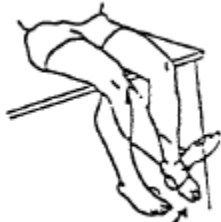
- Adduction SLR: lying on involved side, bend the good leg up so its foot is in front of the involved leg, or place the uninvolved leg on the seat of a chair. Lift the involved leg upwards approximately 6 inches. Hold for 6 seconds. Relax 4 seconds. Perform 2 sets of 5 repetitions.



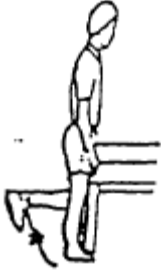
- Abduction SLR: lying on uninvolved side, lift the involved leg towards the ceiling without rotating the leg outwards. Hold 6 seconds, relax 4 seconds. Perform 2 sets of 5 repetitions.



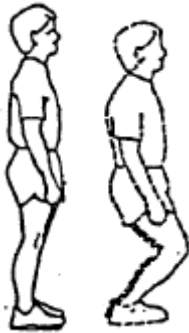
- Knee Extension 90-45°: while seated, slowly extend the involved leg out to a 45° angle. Hold 6 seconds. Slowly lower to starting position. Perform 2 sets of 5 repetitions.



- Hamstring Curls: lie on your stomach with a folded towel under the thigh just above the knee. Bend the knee slowly bringing your heel toward your buttocks. Hold 6 seconds. Slowly lower to starting position. Perform 2 sets of 5 repetitions.



- Mini Squats: stand with feet shoulder width apart and slightly rotated outward. Bend knees to 30 degrees. Hold 3 seconds. Slowly straighten to 15 degrees. Perform 2 sets of 5 repetitions.



- Hamstring Stretch: place your surgical leg up on the couch or bed. Keep the uninvolved leg down on the floor. Sit up straight and then slowly lean forward from your hips until you feel the stretch in the back of your thigh. Hold for 30 seconds. Perform 3-5 repetitions with each leg.

