**Subchondroplasty Rehabilitation Protocol**

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**Phase I (0-2 weeks)**

• TTWB

* No brace
* ROM: As tolerated

***Exercises:***

o Heel slides  
o Quad/hamstring sets

o Straight leg raises  
o Planks  
o Bridges  
o Abs  
o Step Ups  
o Stationary Bike

**Phase II (2-4 weeks)**

• WBAT

***Exercises:***

o Progress phase I exercises  
o Add sports specific exercises  
o Cycling, elliptical, running as tolerated

**Phase III (4-12 weeks)**

***Exercises:***

o Progress phase I exercises  
o Add sports specific exercises  
o Cycling, elliptical, running as tolerated

o Advance sports specific exercises  
o Core, glut, hip and balance program maintenance