**Subchondroplasty Rehabilitation Protocol**





**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