

Center for Athletic Medicine
Dr. Preston Wolin
Rehabilitation Guidelines Following Subchondroplasty Procedure of the Knee

~Please call 773-248-4150 with any and all questions~

If a patient is not progressing, please call the office for recommendations!

- Pain Management
 - Pain management within the first 48hrs is important
 - Patients should be told that they may experience significant pain following the procedure to minimize their concerns
 - Cryotherapy
- Weight Bearing Status/Bracing
 - WBAT
 - May use assistive device as needed
- Precautions
 - Patients should contact their physicians if they experience any of the following:
 - Severe Pain
 - Persistent wound drainage
 - Signs of infection (i.e. significant redness, swelling, fever)
 - When not active, patients should elevate the operative leg and administer cryotherapy
 - Patients should avoid high impact activities until cleared
- Treatment Strategies
 - Progressive PROM and AROM of knee flexion and extension to patient tolerance
 - Progressive strengthening of involved lower extremity as tolerated
- Criteria for Advancement
 - *Driving*: Patients must no longer require narcotic pain medications and be able to comfortably stand on the operative leg before operating a vehicle.