

Center for Athletic Medicine
Dr. Preston Wolin
Rehabilitation Guidelines Following Bacterin Osteo Sponge Transplant

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

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

The postoperative care will be standardized to the following:

⊙ Physical therapy to be initiated 2 weeks postoperatively to be continued 2-3x/week for 6-8 weeks until full range of motion and return to normal activity has been achieved

⊙ Weight Bearing Status

- Week 0-1 NWB
- Week 1-4 weeks TTWB
- Begin full weight bearing 4 weeks postoperatively

⊙ Initiation of PROM with post arthroscopy knee exercises

⊙ Subject instructed not to return to full, unrestricted activities until 3 months after surgery