Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Subchondroplasty
Post-Operative Protocol

Week 1

- Non-weight bearing, crutches only

Week 2-3

- Wean off crutches, WBAT
- CKC exercises
- Proprioception exercises

Week 4+

- Begin return sport specific activity

Revised ***