



# REHABILITATION PROTOCOL

AFTER IMPLANTATION OF **ACTI<sup>fit</sup>**  
STRONG. SAFE. SECURE

It is very important to follow the programme set out in this leaflet with a professional physiotherapist, in order to guarantee proper rehabilitation of the operated knee.

We are taking into account the following aspects:

**RANGE OF MOTION**

**BRACING**

**EXERCISES**

**WALKING REHABILITATION**

WEEK

1

TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 0° - 30°.
- Knee may be bent up to 30° with full extension.
- Manually or with CPM machine.



SIGN WHEN  
COMPLETED:

### BRACING

- 0° - 30° Daytime. 0° sleeping.
- Brace locked in day at 30° flexion.
- Sleeping locked at 0° extension.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Isometric Quadriceps.
- Mobilisation of the Patella.
- Heel Slides.
- Quad sets (straight leg raising).
- Anti-equinus foot exercises.
- Achilles Tendon Stretching.

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Non-weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 0° - 30°.
- Knee may be bent up to 30° with full extension.
- Manually or with CPM machine.



SIGN WHEN  
COMPLETED:

### BRACING

- 0° - 30° Daytime.
- Brace locked in day at 30° flexion.
- Sleeping locked at 30° extension.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Isometric Quadriceps.
- Mobilisation of the Patella.
- Heel Slides.
- Quad sets (straight leg raising).
- Anti-equinus foot exercises.
- Achilles Tendon Stretching.

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Non-weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 0° - 60°.
- Flexion progressively increased to 60°.



SIGN WHEN  
COMPLETED:

### BRACING

- 0° - 60° Daytime.
- Brace locked in day at 60° flexion.
- Sleeping locked at 30° extension.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Isometric Quadriceps.
- Mobilisation of the Patella.
- Heel Slides.
- Quad sets (straight leg raising).
- Anti-equinus foot exercises.
- Achilles Tendon Stretching.

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Non-weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 0° - 90°.
- Flexion progressively increased to 90°.



SIGN WHEN  
COMPLETED:

### BRACING

- 0° - 90° Daytime.
- Brace locked in day at 90° flexion.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Isometric Quadriceps.
- Mobilisation of the Patella.
- Heel Slides.
- Quad sets (straight leg raising).
- Anti-equinus foot exercises.
- Achilles Tendon Stretching.

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Progressive increase of load on operated leg.
- 10 kg loading for patient weighing 60 kg,  
15 kg for patient weighing 90 kg.
- Gradual increase in loading up to 100% load  
at 9 weeks.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 0° - 90°.
- Flexion progressively increased to 90°.



SIGN WHEN  
COMPLETED:

### BRACING

- 0° - 90° Daytime.
- Brace locked in day at 90° flexion.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Exercises as outlined in weeks 1 - 4 *plus*:

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Progressive increase of load on operated leg.
- 20 kg loading for patient weighing 60 kg,  
30 kg for patient weighing 90 kg.
- Gradual increase in loading up to 100% load  
at 9 weeks.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 90° and more.
- Progressive increase in flexion until a full range of motion is achieved.

SIGN WHEN  
COMPLETED:



### BRACING

- 0° - 90° Daytime.
- Brace locked in day at 90° flexion.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Exercises as outlined in weeks 1 - 4 *plus*:

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Progressive increase of load on operated leg.
- 30 kg loading for patient weighing 60 kg,  
45 kg for patient weighing 90 kg.
- Gradual increase in loading up to 100% load  
at 9 weeks.

SIGN WHEN  
COMPLETED:





TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 90° and more.
- Progressive increase in flexion until a full range of motion is achieved.

SIGN WHEN  
COMPLETED:



### BRACING

- Brace unlocked during the day.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Exercises as outlined in weeks 1 - 4 *plus*:

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Progressive increase of load on operated leg.
- 40 kg loading for patient weighing 60 kg, 60 kg for patient weighing 90 kg.
- Gradual increase in loading up to 100% load at 9 weeks.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 90° and more.
- Progressive increase in flexion until a full range of motion is achieved.

SIGN WHEN  
COMPLETED:



### BRACING

- Brace unlocked during the day.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Exercises as outlined in weeks 1 - 4 *plus*:

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Progressive increase of load on operated leg.
- 50 kg loading for patient weighing 60 kg,  
75 kg for patient weighing 90 kg.
- Gradual increase in loading up to 100% load  
at 9 weeks.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

### RANGE OF MOTION

- 90° and more.
- Progressive increase in flexion until a full range of motion is achieved.



SIGN WHEN  
COMPLETED:

### BRACING

- Brace unlocked during the day.

SIGN WHEN  
COMPLETED:

### EXERCISES

- Exercises as outlined in weeks 5 - 8 *plus*:
- Increase closed hamstring exercises.
- Lunges between 0° - 90°.
- Proprioception exercises.
- Dynamic quadriceps exercises.
- Home trainer.

SIGN WHEN  
COMPLETED:



### WALKING REHABILITATION

- Full weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

- Brace unlocked during the day.

SIGN WHEN  
COMPLETED:

## EXERCISES

- Exercises as outlined in weeks 5 - 8 *plus*:
- Increase closed hamstring exercises.
- Lunges between 0° - 90°.
- Proprioception exercises.
- Dynamic quadriceps exercises.
- Home trainer.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

- Brace unlocked during the day.

SIGN WHEN  
COMPLETED:

## EXERCISES

- Exercises as outlined in weeks 5 - 8 *plus*:
- Increase closed hamstring exercises.
- Lunges between 0° - 90°.
- Proprioception exercises.
- Dynamic quadriceps exercises.
- Home trainer.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

- Brace unlocked during the day.

SIGN WHEN  
COMPLETED:

## EXERCISES

- Exercises as outlined in weeks 5 - 8 *plus*:
- Increase closed hamstring exercises.
- Lunges between 0° - 90°.
- Proprioception exercises.
- Dynamic quadriceps exercises.
- Home trainer.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

No increased action required.

## EXERCISES

- Exercises as outlined in weeks 5 - 8 *plus*:
- Increase closed hamstring exercises.
- Lunges between 0° - 90°.
- Proprioception exercises.
- Dynamic quadriceps exercises.
- Home trainer.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing.

SIGN WHEN  
COMPLETED:



TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

No increased action required.

## EXERCISES

- Exercises as outlined in weeks 9 - 13 *plus*:
- Increase open closed exercises.
- Jogging on level ground.
- Plyometrics.
- Sport-related exercises without pivot.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing without unloader brace.

SIGN WHEN  
COMPLETED:





TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

No increased action required.

## EXERCISES

- Exercises as outlined in weeks 9 - 13 *plus*:
- Increase open closed exercises.
- Jogging on level ground.
- Plyometrics.
- Sport-related exercises without pivot.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing without unloader brace.

SIGN WHEN  
COMPLETED:

# WEEK 16

TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

No increased action required.



## BRACING

No increased action required.

## EXERCISES

- Exercises as outlined in weeks 9 - 13 *plus*:
- Increase open closed exercises.
- Jogging on level ground.
- Plyometrics.
- Sport-related exercises without pivot.

SIGN WHEN  
COMPLETED:



## WALKING REHABILITATION

- Full weight bearing without unloader brace.

SIGN WHEN  
COMPLETED:

# WEEK 16-24

TICK WHEN  
COMPLETED:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

## RANGE OF MOTION

The use of a CPM machine is recommended for 30 minutes, twice daily to restore mobility. This machine can be operated very progressively and gradually.



## EXERCISES

Hydrotherapy and swimming starts (crawl or breast stroke) after 24 weeks. Resuming sports is permitted upon discussion with orthopaedic specialist. Contact sports can only be resumed after 9 months.



This protocol serves as a guideline for optimum rehabilitation. Obviously in the event of any rehabilitation problems the protocol must be adjusted with the approval of the responsible orthopaedic specialist. During the rehabilitation period comparative rest, standing and ice application are safely indicated.

Rehabilitation protocol in other languages can be downloaded from the website [www.orteq.com](http://www.orteq.com) or can be ordered at Orteq via your physician.

Het revalidatieprotocol in andere talen kan worden gedownload van de website [www.orteq.com](http://www.orteq.com) of kan bij Orteq worden besteld via uw arts.

Das Rehabilitationsprotokoll ist auch in anderen Sprachen auf unserer Website [www.orteq.com](http://www.orteq.com) erhältlich oder kann durch Ihren Arzt bei Orteq angefordert werden.

Rehabiliteringsprotokoll på andra språk kan laddas ned på webbplatsen [www.orteq.com](http://www.orteq.com) eller beställas från Orteq via din läkare.

Il protocollo per la riabilitazione può essere scaricato in altre lingue dal sito [www.orteq.com](http://www.orteq.com) od ordinato alla Orteq tramite il proprio medico di famiglia.

Le protocole de rééducation dans d'autres langues peut être téléchargé sur le site Internet [www.orteq.com](http://www.orteq.com) ou commandé auprès d'Orteq par votre médecin.

Puede descargar el protocolo de rehabilitación en otros idiomas en la página web [www.orteq.com](http://www.orteq.com) o puede solicitarlo a Orteq por medio de su médico.

Pode ser feito o download do protocolo de reabilitação em outros idiomas no site [www.orteq.com](http://www.orteq.com) ou pode ser solicitado à Orteq, através de seu médico.

Diğer dillerdeki rehabilitasyon protokollü [www.orteq.com](http://www.orteq.com) web sitesinden yuklenebilir veya doktorunuz vasıtasıyla Orteq'ten istenebilir.

Rehabilitační protokol v jiných jazycích lze stáhnout z internetové stránky [www.orteq.com](http://www.orteq.com) nebo jej váš lékař může objednat u společnosti Orteq.

Protokol rehabilitacije v drugih jezicima lahko prenesete s spletne strani [www.orteq.com](http://www.orteq.com) ali preko zdravnika naročite pri podjetju Orteq.

Протоколы реабилитации на других языках доступны на веб-сайте [www.orteq.com](http://www.orteq.com) или могут быть заказаны в компании Orteq через вашего врача.

如欲取得其他語言版本的復健計劃，請至本公司的網站 [www.orteq.com](http://www.orteq.com) 下載，或透過您的醫師向 Orteq 索取。

若想阅读其它语言版本的康复计划，请到本公司的网站 [www.orteq.com](http://www.orteq.com) 下载，或通过您的医生向 Orteq 索取。

他言語によるリハビリテーションプロトコールについては、ウェブサイト [www.orteq.com](http://www.orteq.com) からダウンロードしてください。掛かり付けの医師がOrteqで注文することも可能です。

다국어 재활 프로그램 안내서를 웹사이트 [www.orteq.com](http://www.orteq.com)에서 다운로드하시거나, 담당 의사를 통해 Orteq사에 주문하실 수 있습니다.

कार्य योग्य बनाने संबंधी (पुनर्स्थापन) प्रोटोकॉल को अन्य भाषाओं में [www.orteq.com](http://www.orteq.com) वेबसाइट से डाउनलोड किया जा सकता है या उसके लिए आपके चिकित्सक द्वारा Orteq को ऑर्डर दिया जा सकता है।

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يمكن تنزيل برنامج إعادة التأهيل بلغات أخرى من على موقع الويب [www.orteq.com](http://www.orteq.com) أو يمكن طلبه من Orteq بالاستعانة بطبيبك المختص.

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