

Week 12			Agility / cutting / twisting / turning Sport specific training	No effusion No pain No mechanical symptoms
Weeks 14 - 16			Return to sport	No effusion No pain No mechanical symptoms Fully fit for demands of specific sport

Protocol depends on the anatomical location and size of the defect. Protocols may be accelerated or varied for smaller lesions, Weight bearing may be accelerated for lesions smaller than 1cm diameter, protocols may also be altered dependant on the patient's Current physical and medical condition.

Avoid OKC quadriceps against resistance during rehabilitation.

Avoid Breaststroke swimming for the first 3/12

Avoid high resistance cycling for the first 3/12

An effusion can be expected for up to 12/52 post surgery. In the latter half of the rehab programme tailor the rehab to the size of the Defect and recurrence of the effusion.

It can take up to 2 years post surgery for 100% strength to be achieved