

Biopoly Resurfacing Protocol

An articular defect on the femoral condyle (between 0.8 - 3.1cm²) can be treated with BioPoly™ resurfacing. The BioPoly™ implant is made of a very strong, hard-wearing material that is combined with hyaluronic acid. The implant is shaped to fit correctly and tapped into the subchondral bone, until firmly secured, to plug the defect.

Immediately post-op – 1 week

- Swelling management (Cryocuff)
- TAQ's, SLR.
- Patella mobilisation (superior/inferior, medial/lateral).
- Passive knee flexion and extension (500 reps x 3 daily)
- Progress to active ROM as tolerated
- WBAT

O/P physio arranged for 1/52

1 - 3 weeks

- Start quads, hamstring and calf stretches
- Isometric quads and hamstrings
- Static bike, no resistance

4 - 7 weeks

- CKC strengthening ex's for the lower limb
- OKC resistance band work
- Start proprioception ex's
- Hydrotherapy ex's

8 - 11 weeks

- Return to full ADL's as tolerated once authorised by the consultant.

References

BioPoly-RS Partial resurfacing Knee Post-operative Rehabilitation (Protocol 1151001)

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