



ADVANCED  
ORTHOPAEDIC  
SPECIALISTS



Dr. Chris Arnold  
Dr. Terry Sites  
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Dr. Mark Powell

## Femoral Condyle ACI Weight Bearing Schedule

<b>Weight Bearing Status</b>	<b>Small Lesion</b>	<b>Large Lesion (&gt;5 CM)</b>
No Weight Bearing	Weeks 1-2	Weeks 1-6
Toe-Touch Weight Bearing (approx. 20-30 lbs.)	Weeks 2-3	Weeks 6-8
Partial Weight Bearing (approx. 25% body weight)	Weeks 4-5	Weeks 9
50% body weight	Weeks 6-7	Weeks 10
75% body weight	Weeks 7-8	Weeks 11
100% body weight	Weeks 8-9	Weeks 12