Rehabilitation for Orthopedic pathologies (partial weight bearing)

Orthopedic pathologies
- when only partial weight bearing is allowed
- pre-walking stages of rehabilitation

Cycling is a locomotion activity with
- partial weight bearing
- adjustable load
- gradual load increase

Post-orthopedic surgery rehabilitation

Acute
- Slow
- Passive
- Gradual
- Limited ROM

Sub-Acute
- Passive
- Increased velocities
- Increased ROM
- Lying and sitting

Chronic
- Adding active mode

Post-orthopedic surgery rehabilitation  Acute stage
Continuous passive motion (CPM)

Improves the range of motion (ROM)
Is used on an inpatient or an outpatient basis
Moves gradually the joint

CPM may be prescribed after
- Total knee replacement
- Anterior cruciate ligament reconstruction
- Tendon repair
- Joint manipulation under anesthesia
- Arthroscopy
- Stabilization of intra-articular fractures
- Articular cartilage transplantation