

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