

## POST-OP PROTOCOL PATELLA / TROCHLEA CARTILAGE REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<i>Weeks 0-2</i> <i>HEP daily</i>	Full passive extension Edema and pain control Promote independence	PWB (50%) Brace locked at 0° except for approved exercises and CPM  CPM (6hrs/day) Weeks 0-2: 0-45°	Quad sets/SLR Calf pumps Stretches: hamstring and gastroc
<i>Weeks 2-6</i> <i>PT 1-2x/week</i> <i>HEP daily</i>	Full passive extension 90° knee flexion Prevent quad inhibition Edema and pain control Promote independence	WBAT Brace locked at 0° except for approved exercises and CMP (weeks 2-4) Unlock brace 0-45° (week 4)  CPM (6hrs/day) Weeks 2-4: 0-60° Weeks 4-6: 0-90°	A/AA ROM pain free Towel extension Patella mobilization (gentle) Quad re-education Multiple angle quad isometrics Short crank ergometry SLR in all planes Hip/Core resisted exercises LE flexibility exercises
<i>Weeks 6-12</i> <i>PT 2-3x/week</i> <i>HEP daily</i>	Full ROM Normal gait pattern Ascend 8" step with control Normal patella mobility Improve ADL endurance	WBAT DC brace when adequate quad Avoid descending stairs reciprocally Avoid painful activities No running	Continue above exercises Leg press 0-60° Mini squats Retrograde treadmill Proprioception training Initiate step-up program
<i>Weeks 12-20</i> <i>PT 2-3x/week</i> <i>HEP daily</i>	Return to normal ADLs Improve endurance Descend 8" step with control 85% limb symmetry Improve strength/flexibility	WBAT Avoid painful activities No running  Forward step down test at 4 months Isokinetic testing at 4 months	Continue and advance above Progress squat program Leg press (emphasize eccentrics) Initiate step down program Elliptical Retrograde treadmill
<i>Weeks 20+</i> <i>PT 1x/week</i> <i>HEP daily</i>	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities No running until: Strength >70% contralateral No agility training until: Strength >90% contralateral No RTP until: Passes RTP evaluation MD clearance	Continue and advance above Begin forward running Begin plyometric program