



Physical Therapy Protocol – Patella/Trochlea Cartilage Restoration Procedure

Diagnosis: R / L _____

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-6: *period of protection, decrease edema, activate quadriceps*

- **Weight bearing:** Full in brace
- **Hinged Knee Brace:**
 - o **Weeks 0-1:** locked in full extension for ambulation and sleeping, off for exercises, CPM, and hygiene
 - o **Weeks 2-6:** discontinue when able to perform straight leg raise without extension lag
- **Range of Motion:** use CPM for 6 hours/day, 1 cycle per minute beginning at 0-30 degrees (weeks 0-2), 0-60 degrees (weeks 2-4), 0-90 degrees (weeks 4-6)
- **Therapeutic Exercises:**
 - o **Weeks 0-2:** quad sets, calf pumps, passive leg hangs to 45 degrees
 - o **Weeks 2-6:** PROM/AAROM to tolerance, gentle patellar mobs, quad/HS/glute sets, SLR, side-lying hip and core exercises
- **Modalities:** per therapist including E-stim, ultrasound, heat before therapy and ice after

Weeks 6-8:

- **Weight bearing:** full
- **Hinged Knee Brace:** discontinue at 6 weeks
- **Range of Motion:** progression to full, painless AROM
- **Therapeutic Exercises:** advance above exercises
- **Modalities:** per therapist including E-stim, ultrasound, heat before therapy and ice after

Weeks 8-12:

- **Range of Motion:** full, painless
- **Therapeutic Exercises:** begin closed chain activities including wall sits, shuttle, mini-squats, toe raises, begin unilateral stance activities, balance training, begin stationary bike
- **Modalities:** per therapist including E-stim, ultrasound, heat before therapy and ice after

12 Weeks –24 weeks:

- **Therapeutic Exercises:** Advance above exercises, maximize core/glutes, pelvic stability work, eccentric hamstrings, advance to elliptical, stationary bike, and pool as tolerated

>6 Months:

- Advance function activity, return to sport specific activity and impact when cleared by MD at earliest 8 months