

Post-Operative Rehabilitation Guidelines for Patellofemoral Cartilage Procedure - Rehab Protocol

0-1 Weeks:

- Full WB with crutches as tolerated
- Brace locked in full extension at all times
- Quad sets
- Ankle Pumps
- Passive Leg Hangs to 45° at home
- 0-6 weeks: Use CPM for 6 hours/day, beginning 0-30° for 0-2 weeks and 0 -60° (2 - 4 weeks) and 60 - 90° (4 to 6 weeks).

1-6 Weeks:

- Braced unlocked and worn daytime only
(Discontinue when quads can control SLR without extension lag)
- PROM/AAROM as tolerated
- Patellar mobilization
- Quad, hamstring and glut sets
- SLR
- Side lying hip and core

6-8 Weeks:

- Advance Phase I exercises

8-12 Weeks:

- Gait training
- Progressive Strengthening

- Begin stationary bike
- Begin closed chain exercises
- Wall Sits, Shuttle, Mini squats and Toe Raises
- Begin unilateral stance activities, balance training

12 Weeks to 6 months:

- Advance Phase III exercises
- Maximize core/glutes
- Pelvic stability work
- Eccentric Hamstrings
- Progressive Active strengthening
- May advance to elliptical, bike and pool as tolerated

6 months to 12 months:

- Advance functional activity
- Return to sport specific and impact when cleared by MD usually at 9 months.