

## Post-Operative Rehabilitation Guidelines for

### Patellofemoral Arthroplasty - Rehab Protocol

#### Functional Guidelines:

- Weight bearing as Tolerated unless otherwise specified
- Progression from the use of an assistive device to unassisted ambulation is encouraged immediately post-operatively. Progression is per physical therapist discretion with the primary goal of avoiding gait deviations.

#### 1-3 Weeks:

- Emphasis on gentle range of motion.
- Heel slides, passive ROM, manual therapy and massage
- Avoid area around incision
- May do light strengthening of abductor muscle group
- Patient should be educated to incorporate extension of surgical knee positioning during sleep and sitting positions in conjunction with elevation
- Increasing range of motion is the goal of physical therapy. Patient should achieve 0 degrees of extension and 110 degrees of flexion 2 weeks post-operatively

#### 3+ Weeks:

- May begin muscle strengthening with gravity and subsequently elastic bands
- No open chain weights until 3 months post-op
- Focus on quads and abductors