



Patella/Trochlea Cartilage Fixation

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-2 1-2x/ week HEP daily	Full passive extension Edema and pain control Promote independence	PWB (50%) Brace locked at 0° extension except for approved exercises CPM 6 hrs/day 0-30°	Quad Sets SLR Ankle pumps Hamstring stretch Gastroc stretch
Phase 2 Weeks 2-6 1-2x/ week HEP daily	Full passive extension 90° knee flexion by end of phase Prevent quad inhibition Edema and pain control Promote independence	WBAT Brace locked at 0° extension except for approved exercises and CPM (weeks 2-4) Unlock brace 0-20° (week 4) CPM 6hrs/day - 0-60° wks 2-4 - 0-90° wks 4-6	A/AAROM pain free Towel knee extension Gentle patella mobilization Quad re-education Multiple angle quad isometrics SLR in all planes Hip/core resisted exercises LE flexibility exercises
Phase 3 Weeks 6-12 2-3x/week HEP daily	Full ROM Normal gait pattern Ascend 8" step with control Normal patella mobility Improve ADL endurance	WBAT DC brace when adequate quad control 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
Phase 4 Weeks 12-20 2x/ week HEP daily	Return to normal ADLs Improve endurance Descend 8" step with control 85% limb strength symmetry Improve strength/flexibility	WBAT Avoid painful activities No Running Forward step-down test at 4 months Isokinetic testing 4 months if available	Continue to advance above Progress squat program Leg press (emphasize eccentrics) Initiate step down program Elliptical Retrograde treadmill
Phase 5 Weeks 20+ 1x/ week HEP daily	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 Return to Play (RTP) until MD clearance and passes RTP evaluation	Continue to advance above Begin forward running Begin plyometric program