GREAT PLAINS ORTHOPAEDICS

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Patella/Trochlea Cartilage Fixation

This information and protocol is a guideline, individual variations and changes will apply

Postop	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Full passive extension Edema and pain control Promote independence	PWB (50%) Brace locked at 0° except for approved exercises and CMP CPM (6hrs/day) Weeks 0-2: 0-30°	Quad sets/SLR Calf pumps Stretches: hamstring and gastroc

Weeks 2-6
PT 1-2x/week
HEP daily
	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 0-20° (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

Weeks 6-12 PT 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 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
Weeks 12-20 PT 2-3x/week HEP daily	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

Weeks 20+
PT 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 RTP until:
		  Passes RTP evaluation
		  MD clearance
			Continue and advance above
			Begin forward running
			Begin plyometric program