

## PATELLOFEMORAL CARTILAGE RESTORATION (ACI/DENOVO/ALLOGRAFT)

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-2:

- Full weight bearing but brace must be locked in full extension
- Brace locked in full extension when not performing below exercises (sleeping, resting, etc.)
- CPM 6 hours/day 0-30 degrees
- Passive leg hang to 45 degrees, quad sets, patellar mobs, ankle pumps, straight leg raises

\_\_\_\_ Weeks 2-6:

- Continue WBAT with brace unlocked and worn daytime only (including ambulation)
- CPM 6 hours/day 0-60 degrees for weeks 2-4
- CPM 6 hours/day 0-90 degrees for weeks 4-6
- PROM/AROM to tolerance, patella mobs, quad/hamstring/gluteal sets
- Side lying hip and core exercises
- Discontinue brace when patient able to SLR without extension lag

\_\_\_\_ Weeks 6-12:

- Gait training
- Begin closed chain exercises (wall sits, mini squats [no weight], stationary bike)
- Unilateral stance activities and balance training

\_\_\_\_ Months 3-6:

- Maximize core/gluteal/pelvic stability work
- Slowly incorporate open chain quad exercises (begin short arc then progress)
- Eccentric hamstring exercises
- Advance to elliptical, bike, pool activity as tolerated

\_\_\_\_ Months 6+:

- Return to sport specific activities
- Run progression/jogging can begin at this point

Signature \_\_\_\_\_

Date: \_\_\_\_\_