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Patella/Trochlea Cartilage Fixation

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
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| 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 |