

Patellofemoral Arthroplasty Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-4 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Decrease inflammation ● initiate of motion ● Protect incision 	<p><u>Weightbearing:</u></p> <p>As tolerated with crutches for 2 weeks</p>	<ul style="list-style-type: none"> ● Use CPM starting 0-45 and increasing by 10 degrees per day until above 80 degrees. Use at least 2 hours per day total ● Full passive and active Range of motion as tolerated <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES for quad recruitment ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Quad recruitment ● Flexion: heel slides, seated knee flex ● Extension: heel prop, prone hang ● Long sitting HS stretch ● Quad sets, glute sets ● SLR x4 with brace assist until no lag ● Ankle pumps ● Calf raises on leg press starting week 2 ● Patella mobilizations ● May begin no resistance stationary bike week 3
<p>Phase 2 (5-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Eliminate effusion ● Normal ROM ● Good patella mobility ● Normal gait mechanics ● Normal ADLs 	<p>No immobilization or assistive devices required. Work on wean if possible</p>	<ul style="list-style-type: none"> ● Full active and passive ROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Patellar mobs lateral to medial ● Gentle prone quad stretch/knee flex ● Manual assist extension/passive stretch ● Cryotherapy as needed 	<ul style="list-style-type: none"> ● Gait training with good quad control ● Lateral band stepping ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glut sets, clams/mini-hydrants/glute pushes ● RDL/squat progression ● Double knee bends, bridges ● Bike with resistance, aqua-jogging, treadmill walking (7% incline) ● May do BFR if available ● Standing TKEs ● Wobble board/Dyna-disc/Bosu balance

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<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Pain free ADLs • Normal knee ROM • Normal gait • Initiate higher resistance activities 	<p>Maintain ROM and full weightbearing</p>	<ul style="list-style-type: none"> • Maintain Full A/PROM <p>Manual:</p> <ul style="list-style-type: none"> • Patellar mobs/ Scar STM <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Bike, elliptical, rowing machine • Step ups/lateral step over's- progress to faster pace • Balance progression • Lateral walks with sport cord • SLS dynamic surfaces with ball toss and perturbation training • Single leg strengthening if balance and control is good • Double leg hops • Step downs • May progress to walk/jog, hiking
<p>Phase 4 (14+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Jogging without pain/swelling • Full ROM • Return to higher level athletic activities 		<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Continue everything in phase 3 • Increase running progression • Advance LE strength and flexibility • Stair-stepper • Advance cross training • Muscular power – squats, split jumps • Advance plyometric program if has good eccentric capabilities: Jump down, horizontal jump, cutting and decelerations if getting back to sport • Increase sport-specific activities and training