

Biologic - Patellofemoral Restoration

Post-Operative Physical Therapy Protocol

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0 - 3 Weeks Rehabilitation:

- Full weight bearing, 2 crutches and brace
- Brace locked at 00 when ambulating
- Range of motion (out of brace) – free flexion as tolerated
- CPM (when available)
 - Begin 0-60°, increase 5° daily as tolerated to maximum
 - Use 4-6 hours per day
 - D/C CPM once max flexion for 2 days
- Stationary bike when comfortable flexion achieved.
 - 500 revolutions 3 times a day. No or minimal load.
- Circulation exercises
- Heel slides
- SLR
- Static quads & glutei
- Hamstring/calf stretches (Long sitting)
- Heel raises in standing
- Patella mobilisations (not into pain or end of range)
- Early proprioceptive Exs
 - (Single leg standing)

3 - 6 Weeks Rehabilitation:

- Brace is discontinued once quad fully active
- 2 crutches until active quad extension, then 1 crutch
- Continue with above exercises
- Hip Flex/Ext/Abd/Add in standing knee Ext with theraband
- Progress proprioception Exs (Trampette single leg stand)
- Gym ball Flex / Ext (Heel on ball)

- Rowing machine
- Static bike (must have at least 100° flex)

Week 6 Goals:

- Full Ext
- 120° Flex
- Supple PF med-lat and sup-inf
- FROM
- No pain or swelling
- Strength within 80-90% of contralateral extremity (Quads & hams)
- Satisfactory eccentric control to perform 10cm step down with neutral pelvis

7-12 Weeks Rehabilitation:

- Progress to full ROM
- Gait Re-education
- Functional closed chain 10cm step ups 40°
- Progress proprioception:
 - Trampoline double leg / single leg stand
 - Wobble board
- Treadmill slow walk
- ↑ Static bike/ordinary bike to tolerance
- Knee Ext 0 - 30° in standing with resistance of theraband

3-Month Goals:

- Normal Gait
- Full AROM
- Good knee control
- Reduced swelling & pain

3 – 4 Months Rehabilitation:

- ↑ Functional training
- Treadmill fast walk
- Stepper/cross trainer
- ↑ Walking distance
- Patellofemoral rehabilitation

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- Lateral step downs on 10cm (40°) step
- Progress to 15cm step
- Circuit training
- Progress to jogging
- Forward step downs on 10cm step

4-6 Month Goals and onward:

- Progressing to sport specific training
- Full strength
- Full ROM
- Goal for full athletics 6 months post op