



Patella Cartilage Surgery Post-Op Protocol

Phase I: Weeks 0-6

Weight Bearing

- Full with hinged knee brace

Brace

- 0-2 weeks: Locked in full extension. Remove for CPM and exercise only.
- 2-4 weeks: Unlocked and worn daytime only. Discontinue when quads can control SLR without extension lag

ROM

- 0-6 weeks: Use CPM 6 hrs/day
- 0-2 weeks: 0-30°
- 2-4 weeks: 0-60°
- 4-6 weeks: 0-60°

Therapeutic Exercise

- 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45° at home
- 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core

Phase II: Weeks 6-8

Weight Bearing

- Full

Brace

- None

ROM

- Full

Therapeutic Exercise

- Advance Phase I exercise

Phase III: Weeks 8-12

Therapeutic Exercise

- Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike
- Begin unilateral stance activities, balance training

Phase IV: Week 12-Month 6

Therapeutic Exercise

- Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated