



PHYSICAL THERAPY PROTOCOL
DENOVO OF PATELLA/TROCHLEA WITHOUT AMZ

PHASE I:

TIME FRAME: Immediately post-op through 6 weeks.
Patient to do H.E.P. daily

GOALS: Control post-operative pain/swelling
Prevent Quadriceps inhibition
Restore normal gait
Normalize proximal musculature muscle strength
Independence in home therapeutic exercise program

WEIGHT BEARING: WBAT in brace
 or as indicated _____

BRACE: **0-1 week:** locked at full extension at all times
Off for CPM and exercise ONLY

1-4 weeks: sleep in brace locked for 2 to 4 weeks
Locked for ambulation x 4 weeks
After full WB (after 4 weeks) may unlock brace when quads can control SLR w/o extension lag

ROM: CPM: 2 hours 3x/day

- **0-2 weeks:** 0-30°
- **2-4 weeks:** 0-60°
- **4-6 weeks:** 0-90°

EXERCISES:

0-2 weeks:

1. Quad sets
2. SLR
3. calf pumps

2-6 weeks:

1. PROM/ AAROM to range of motion restrictions
2. patella and tibiofibular joint mobs
3. quad, hamstring, and glute sets
4. SLR
5. side-lying hip and core



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PHASE II:

- TIME FRAME:** 6-8 weeks
Patient to do H.E.P. daily
- GOALS:** ROM 0° to WNL
Normal patellar mobility
- PRECAUTIONS:** Avoid pain with therapeutic exercises & functional activities
- WEIGHT BEARING:** Full
- BRACE:** Discontinue brace
- ROM:** Advance to full ROM
- EXERCISES:** Advance Phase I exercises

PHASE III:

- TIME FRAME:** 8-12 weeks
Patient to do H.E.P. daily
- GOALS:** ROM 0° to WNL
Normal patellar mobility
Ascent 8" stairs with good control without pain (may need to modify for patella lesions)
- PRECAUTIONS:** Avoid descending stairs reciprocally until adequate quadriceps control & lower extremity alignment is demonstrated
Avoid pain with therapeutic exercises & functional activities
- WEIGHT BEARING:** Full
- BRACE:** None
- ROM:** Full ROM
- EXERCISES:**
1. Gait training
 2. Begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike
 3. Begin unilateral stance activities
 4. Balance training



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PHASE IV:

- TIME FRAME:** 12 weeks – 6 months
- GOALS:** Demonstrate ability to descend 8" stairs with good leg control without pain
85% limb symmetry on Isokinetic testing & Forward Step Down Test
Return to normal ADL
Restore lower extremity flexibility
- PRECAUTIONS:** Avoid running until adequate strength development and MD clearance
Avoid pain with therapeutic exercises & functional activities
- WEIGHT BEARING:** Full
- BRACE:** None
- ROM:** Full ROM
- EXERCISES:**
1. Advance Phase III exercises
 2. Maximize core/glutes
 3. Pelvic stability work
 4. Eccentric hamstrings
 5. May advance to elliptical, pool as tolerated

PHASE V:

- TIME FRAME:** 6 – 12 months
- GOALS:** Lack of apprehension with sport specific movements
Maximize strength and flexibility as to meet demands of individual's sport activity
Isokinetic & Hop Testing \geq 85% limb symmetry
- PRECAUTIONS:** Avoid sport activity till adequate strength development and MD clearance
Avoid pain with therapeutic exercises & functional activities
Be conscious of patellofemoral overload with increased activity level
- EXERCISES:**
1. Advance functional activity
 2. Return to sport-specific activity and impact when cleared by MD after 8 months

IF QUESTIONS: PLEASE CALL 469-800-7200