



**PHYSICAL THERAPY PRESCRIPTION**  
**KNEE ARTHROSCOPY + ARTHROTOMY**  
**PATELLA – DENOVO (PARTICULATE JUVENILE ARTICULAR CARTILAGE)**

**Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**DOS:** \_\_\_\_\_

**Rx:**

Knee arthrotomy/ Patella-Denovo Post-Op Rehab – Phase 1 (follow my protocol strictly)

Dressing change / wound check 2-3 days post-op

Modalities and E-Stim prn (in therapy only)

Emphasize early full passive extension to 0°

Quad sets and SLRs

CPM per my guidelines

**Duration:**

BIW X 8 weeks

**Precautions:**

WB status: \_\_\_\_\_

X Per my PT protocol

X CPM ( 2 4 6 8 weeks) -2 hours 3x/day



PHYSICAL THERAPY PROTOCOL  
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**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:** TTWB x 4 weeks – can advance to full after 4 weeks  
 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



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**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 – 18 weeks  
Patient to do H.E.P. daily
- 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:** 18+ weeks (**Return to Sport**)
- 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 or email DrBlack@SheenaBlackMD.com**