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## PHYSICAL THERAPY PROTOCOL PATELLOFEMORAL JOINT ARTHROPLASTY

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-6</b> PT 2-3x/week HEP daily	Emphasize full passive extension  Edema and pain control  SLR without lag  Promote independence	WBAT <i>with crutches</i> , progress to 1 crutch, then full WB with normalized gait pattern  Brace for ambulation until independent straight leg raise without extension lag  <b>Full knee ROM</b>	Prone hangs, heel props, heel slides, quad sets, SLR, hamstring isometrics <ul style="list-style-type: none"><li>Exercises in brace until good quad control</li></ul> Core/ proximal program Normalize gait  <u>Sitting flexion exercises</u> : sit over side of bed/chair – flex knee maximally, use other leg to increase flexion – hold max flexed position for 3-5 sec (10 reps, 3x/day)  <u>Closed chain flexion exercises</u> : sit over side of bed/chair with foot on floor – bring body forward while foot supported. Hold max flexed position for 3-5 sec (10 reps, 3x/day)  <u>Stair bend exercises</u> : place operated leg on step, hold rail and lean forward flexion knee to max position, hold 3-5 sec, (10reps/day)  1day – 2 weeks: <ul style="list-style-type: none"><li>Wall slides</li><li>Mini-dips to 30 in brace</li></ul> 2-4 weeks: <ul style="list-style-type: none"><li>Stationary bike (high seat, low resistance)</li><li>Patellar mobilization</li></ul> 4-6 weeks: <ul style="list-style-type: none"><li>Maintain full ROM</li><li>Stationary bike</li><li>Proprioceptive training</li><li>Patellar mobilization</li></ul>
<b>Weeks 6-8</b> PT 2x/week HEP daily	Full passive extension Normal gait Edema and pain control SLR without lag Promote independence	WBAT  Full active ROM	Walking program Increase endurance and strength Core exercise program Stationary bike

**IF QUESTIONS: PLEASE CALL 469-800-7200**