



PHYSICAL THERAPY PROTOCOL
PATELLOFEMORAL JOINT ARTHROPLASTY

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|---|---|--|--|
| Weeks 0-6 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 Full knee ROM | Prone hangs, heel props, heel slides, quad sets, SLR, hamstring isometrics <ul style="list-style-type: none"> Exercises in brace until good quad control 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"> Wall slides Mini-dips to 30 in brace 2-4 weeks: <ul style="list-style-type: none"> Stationary bike (high seat, low resistance) Patellar mobilization 4-6 weeks: <ul style="list-style-type: none"> Maintain full ROM Stationary bike Proprioceptive training Patellar mobilization |
| Weeks 6-8 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