



PHYSICAL THERAPY PROTOCOL  
PATELLOFEMORAL JOINT ARTHROPLASTY

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