

Post-operative Rehabilitation Protocol

Patella or Trochlea Cartilage Transplant

General Guidelines	<ul style="list-style-type: none"> - Physical therapy should begin 7-10 days after surgery - You will be weight bearing as tolerated WITH brace locked in extension. No weight bearing without the brace locked straight - Strict rest, ice, compression, elevation recommended for first 48 hours - No running or impact activities until minimum 6 months after surgery and cleared by MD - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 4</i>	Weeks 0 – 2: 0-45° Weeks 2 – 4: May progress passive ROM as tolerated. Avoid active knee extension	0-4 wks: Locked in extension full time and for sleeping. Okay to remove for CPM and PT	<u>Weight bearing with brace locked straight</u> <u>Exercises:</u> 0-2 weeks quad sets, gentle patellar mobilizations, calf pumps 2-4 wks: Straight leg raise with brace locked in extension, side-lying hip and core exercises. <u>CPM:</u> 0-2 wks: 0-30° Only (1 cycle per minute) 2-4 wks: May progress 15° per week as tolerated
Phase 2 – Transition <i>Weeks 4 - 6</i>	Progress to 90°	Brace locked for ambulating	<u>Exercises:</u> Continue phase 1.
Phase 3 – Early Loading <i>Weeks 6 - 12</i>	Progress to full ROM	Wean out of brace once good quad control	<u>Exercises:</u> Once normalized, pain-free gait → begin balance exercises, lunges 0-70°, leg press 0-70°, wall sits to 70° Begin stationary bike at 8 weeks
Phase 4 – Strength <i>Weeks 12 - 24</i>	Full, pain-free ROM	None	<u>Exercises:</u> Progress strengthening. Begin single leg strengthening. Build walking endurance
Phase 5 – Resume activities <i>Weeks 24+</i>	Full, pain-free ROM	None	May begin light jogging at 6 months post-op if no pain or swelling and cleared by MD. Sport-specific training. No cutting/pivoting until minimum 9 months post-op.