

## **Patellofemoral Arthroplasty Rehab Protocol**

### **Phase I – Immediate Post-op Phase (Day 1 to 10)**

#### Goals

- Emphasis on full knee extension
- ROM to 90 degree or greater
- Control postoperative pain and swelling
- Regain quadriceps control

#### Day 1-4

- Knee immobilizer and bilateral crutches WBAT until quad function restored
- CPM 20 to 70 degrees as tolerates 8-12 hours a day
- Cryotherapy: continuously

#### Exercises:

- Ankle pumps
- Passive knee extension
- SLR
- Quad sets
- Heel slides Day

#### Day 4-10

- Knee immobilizer and bilateral crutches WBAT until quad function restored
- CPM progress 0 to 70 degrees
- Continue Cryotherapy

#### Exercises:

- AAROM knee flexion
- Hip adduction/abduction

### **Phase II – Motion Phase (Weeks 2 to 6)**

#### Goals:

- Improve ROM
- Enhance muscular strength and joint stability
- Control postoperative pain and swelling

Weeks 2-4:

- WBAT without assistive device

Exercises:

- TKE 45-0 degrees
- Hamstring isotonic
- Mini squats
- Bicycle ergometry
- Discharge compressive stockings per MD approval

Weeks 4-6

Exercises:

- Forward and Lateral steps-ups
- Aquatic therapy
- Mini Lunges

### **Phase III – Intermediate Phase/Progressive Strengthening (Weeks 7 to 12):**

Goals:

- ROM 0-115 degrees or greater
- Return to ADL's
- Progress Muscular strength and proprioception

Exercises:

- Initiate Walking program
- Pool Therapy
- Lunges
- Progress step-up (forward and lateral)
- Squats to 90 degrees

### **Phase IV – Return to Functional Activity Phase (Weeks 12+):**

Goals:

- Return to normal lifestyle
- Return to recreational activity per MD orders

Exercises:

- Plyometrics
- Initiate Running
- Advanced proprioception drills Revised 10/2010