

## **Biologic - Patellofemoral Restoration**

### *Post-Operative Physical Therapy Protocol*

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#### **0 - 3 Weeks Rehabilitation:**

- Full weight bearing, 2 crutches and brace
- Brace locked at 00 when ambulating
- Range of motion (out of brace) – free flexion as tolerated
- CPM (when available)
  - Begin 0-60°, increase 5° daily as tolerated to maximum
  - Use 4-6 hours per day
  - D/C CPM once max flexion for 2 days
- Stationary bike when comfortable flexion achieved.
  - 500 revolutions 3 times a day. No or minimal load.
- Circulation exercises
- Heel slides
- SLR
- Static quads & glutei
- Hamstring/calf stretches (Long sitting)
- Heel raises in standing
- Patella mobilisations (not into pain or end of range)
- Early proprioceptive Exs
  - (Single leg standing)

#### **3 - 6 Weeks Rehabilitation:**

- Brace is discontinued once quad fully active
- 2 crutches until active quad extension, then 1 crutch
- Continue with above exercises
- Hip Flex/Ext/Abd/Add in standing knee Ext with theraband
- Progress proprioception Exs (Trampoline single leg stand)
- Gym ball Flex / Ext (Heel on ball)

- Rowing machine
- Static bike (must have at least 100° flex)

*Week 6 Goals:*

- Full Ext
- 120° Flex
- Supple PF med-lat and sup-inf
- FROM
- No pain or swelling
- Strength within 80-90% of contralateral extremity (Quads & hams)
- Satisfactory eccentric control to perform 10cm step down with neutral pelvis

**7-12 Weeks Rehabilitation:**

- Progress to full ROM
- Gait Re-education
- Functional closed chain 10cm step ups 40°
- Progress proprioception:
  - Trampoline double leg / single leg stand
  - Wobble board
- Treadmill slow walk
- ↑ Static bike/ordinary bike to tolerance
- Knee Ext 0 - 30° in standing with resistance of theraband

*3-Month Goals:*

- Normal Gait
- Full AROM
- Good knee control
- Reduced swelling & pain

**3 – 4 Months Rehabilitation:**

- ↑ Functional training
- Treadmill fast walk
- Stepper/cross trainer
- ↑ Walking distance
- Patellofemoral rehabilitation

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- Lateral step downs on 10cm (40°) step
- Progress to 15cm step
- Circuit training
- Progress to jogging
- Forward step downs on 10cm step

*4-6 Month Goals and onward:*

- Progressing to sport specific training
- Full strength
- Full ROM
- Goal for full athletics 6 months post op