



747 N. Rutledge St 3rd Floor
Springfield, IL 62702
Phone: (217) 545-8000
Fax: (217) 545-1159

POST-OP CARTILAGE RESTORATION OF PATELLOFEMORAL JOINT WITH TIBIAL TUBERCLE
OSTEOTOMY

Diagnosis/Surgery: _____

PHASE 1: WEEKS 0-2

Goals:

1. Protect fixation, decrease edema, activate quadriceps

Weight bearing:

1. TTWB with crutches

Brace:

1. Brace locked in extension for ambulation, daily activities, sleeping
2. Remove for CPM and PT

ROM:

1. Initiate ROM 0-30° (week 0-2)
2. CPM machine for 4-6 hours a day if available

Exercises/Strengthening:

1. Quad sets
2. Calf pumps
3. Passive leg hangs to 40°
4. No straight leg raises until week 6
5. Modalities

PHASE 2: WEEKS 2-6

Weight bearing:

1. TTWB with crutches

Brace:

1. Brace locked in extension for ambulation, daily activities, sleeping

ROM:

1. Progress with ROM 15° a week until 6 weeks postop

Exercises/Strengthening:

1. Same as Phase 1

PHASE 3: WEEKS 6-12

Weight bearing:

1. Advance 25% every few days as tolerated until full WB at 8 weeks with normalized gait pattern

Brace:

1. Wean brace between 6-8 weeks – d/c with good quad control

ROM:

1. Progress to full AROM as tolerated

Exercises/Strengthening:

1. Straight leg raise without brace if good quad control
2. Terminal knee extension
3. Advance floor based core/glute exercises
4. Advanced closed chain strengthening and proprioception
5. Total gym or partial wall squats (0-45°) at 8 weeks
6. Stationary bike – begin with partial revolutions without resistance at 8 weeks

PHASE 4: MONTHS 3-4

Exercises/Strengthening:

1. Advance closed chain strengthening and proprioception
2. Advance proprioception training
3. Functional balance and core strengthening
4. Begin elliptical and/or treadmill jogging progression program

PHASE 5: MONTHS 4-6

Exercises/Strengthening:

1. Advance Phase 4 exercises
2. Focus on core/glutes
3. Progress flexibility and strengthening
4. Maximize single leg dynamic and static balance and strength
5. Advance plyometrics

PHASE 6: MONTHS >6

Exercises/Strengthening

1. Sport specific training
1. Plyometric and agility progression
Teach: soft landing following jumps, stay low while running, keep knees in line with feet at all times
2. Return to sports decided by physician, physical therapist and athletic trainer

Elisabeth C. Robinson, MD

Date