Rachel M. Frank, MD
Department of Orthopedic Surgery -Sports Medicine
University of Colorado School of Medicine
www.RachelFrankMD.com

OFFICIAL HEALTH CARE PARTNER

Physical Therapy Prescription – Cartilage Restoration of Patellofemoral Joint and Femoral Condyle

Name: _____ **Date of Surgery:** _____

Procedure: R / L Cartilage Restoration of PF and Femoral Condyle

Frequency: 2-3 times per week

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Toe-touch WB in brace locked in extension with crutches
- **Hinged Knee Brace**: Locked in full extension for ambulation and sleeping (remove for CPM and PT)
- **Range of Motion:** Continuous Passive Motion (CPM) machine for 6-8 hours/day
  - **CPM Protocol:** 1 cycle per minute starting 0-30° (weeks 0-2), Progress 15° each week till 6 weeks
- **Therapeutic Exercises:**
  - **Weeks 0-2**: Quad sets, calf pumps, passive leg hangs to 40°
  - **Weeks 2-6:** PROM/AAROM to tolerance, gentle patellar mobs, quad/HS/glute sets, SLR, side-lying hip and core exercises
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

- **Weightbearing:** Advance 25% every 3-4 days until full WB at 8 weeks with normalized gait pattern
- **Hinged Knee Brace:** Wean between 6-8 weeks; discontinue completely once good quad control
- **Range of Motion:** Progress to full, painless ROM by 6 weeks
- **Therapeutic Exercises:** Advance Phase I exercises, advance floor-based core/glute exercises; SLR without brace if good quad control, partial wall-sits, terminal knee extension with theraband 0-45°
  - Begin gentle stationary bicycle at 6 weeks
  - Begin unilateral stance activities and balance training
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 – 16)

- **Therapeutic Exercises**: Advance Phase II exercises, advance closed chain quad exercises, work on functional balance and core strengthening, progress with stationary bike; start slow treadmill walking
  - Elliptical and Swimming at 12 weeks
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 16 – 24)

- Advance Phase III exercises; focus on core/glutes; progress flexibility and strengthening; maximize single leg dynamic and static balance and strength; initiate light plyometrics; improve treadmill walking

Phase V (>6 months): Gradual return to athletic activity

- Advance Phase IV exercises; focus on single leg dynamic and static balance
- **HOLD ON IMPACT ACTIVITY UNTIL 9 months**
- Return to sport-specific activity when cleared by MD at 6-8 months postop

Signature: _____ **Date:** _____