



PATELLOFEMORAL ARTHROPLASTY

Post-Operative Rehabilitation Protocol

0-3 Weeks:

- Weight-bearing as tolerated (WBAT) with the knee locked in extension.
 - Gentle passive range of motion (PROM) exercises.
 - ROM goal by week 2: Achieve 0° of extension and 110° of flexion.
 - Begin weaning off assistive devices to unassisted ambulation starting on post-op day (POD) 0, as directed by physical therapy (PT).
 - Perform heel slides.
 - Light strengthening for the hip abductors.
 - Supine straight leg raises (SLR) with the brace locked at 0°.
 - Quadriceps isometrics with the brace locked at 0°.
 - Ankle pumps.
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3-6 Weeks:

- Unlock the brace for ambulation; gradually wean off the brace once adequate quadriceps control is achieved.
 - WBAT without assistive devices.
 - Continue progressing ROM towards full range.
 - Advance strengthening exercises for the quadriceps and hip abductors.
 - Perform double knee bends and double leg bridges.
 - Begin cord exercises and balance squats.
 - Start deadlift and leg press progressions.
 - Begin elliptical, swimming, and rowing exercises at 5 weeks.
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>6 Weeks:

- Continue progressing previous exercises.
- Start incorporating sport-specific test exercises.

- Initiate running progression.
- Begin with single-plane activities and progress to multidirectional movements at 8 weeks.

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery