

## CARTIFORM PATELLA REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>Phase I</b> WEEK 0-6:	Full with hinged knee brace	<b>0-2 weeks:</b> Locked in full extension. Remove for CPM and exercise only.  <b>2-4 weeks:</b> Unlocked and worn daytime only. Discontinue when quads can control SLR without extension lag	0-6 weeks: Use CPM 6 hrs/day  <b>0-2 weeks:</b> 0-30°  <b>2-4 weeks:</b> 0-60°  <b>4-6 weeks:</b> 0-60°	<b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 45° at home  <b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core
<b>Phase II</b> WEEK 6-8:	Full	None	Full	Advance Phase I exercise
<b>Phase III</b> WEEK 8-12:	Full	None	Full	Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike  Begin unilateral stance activities, balance training
<b>Phase IV</b> WEEK 12-6 MONTHS:	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings  May advance to elliptical, bike, pool as tolerated
<b>Phase V</b> MONTHS 6-12+:	Full	None	Full	Advance functional activity  Return to sport-specific activity and impact when cleared by MD after 8 mos