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POST-OP PATELLOFEMORAL JOINT CARTILAGE RESTORATION PROTOCOL

0-8 Weeks:

- WBAT in brace from 0-40 degrees
- CPM for 6-8 hrs/day. Rate of 1 cycle/sec from 0-40°
- Quad sets/SLR
- Patellar mobilization

8-12 Weeks:

- Discontinue Brace with WBAT
- D/C crutches when gait normalized
- Advance to full ROM
- Begin closed chain quad strengthening
- Emphasize patellofemoral program

12-16 Weeks:

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

>16 Weeks:

- Return to all activities including cutting/pivoting sports