



Cartilage Restoration – Patella/Trochlea Protocol

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| | WEIGHT BEARING STATUS | BRACE | ROM | EXERCISES |
|------------------------------------|-----------------------|--|--|---|
| Phase I 0-6 weeks | Full WB in Brace | 0-1wk: Brace Locked in FULL EXTENSION for sleeping and all activity. Off for hygiene and home exercise/CPM use. 1-6wks: Off while sleeping. ROM set at: 0-30° | Use CPM 6+ hrs a day for 6 weeks. 0-2wk: CPM 0-30° 2-4wk: CPM 0-60° 4-6wk: CPM 0-90° | Quad Sets, SLR, Calf pumps, passive leg hangs to 30° at home. NMES for quad activation. 2-6wks: PROM/AAROM to tolerance, patellar mobs. Hamstring, glute sets, side-lying hip and core. |
| Phase II 6-8 weeks | Full WB | Discontinue Brace if no extensor lag | Full ROM | Advance post-operative exercises. Gait Training. Stationary bike with minimal resistance. |
| Phase III 8-12 weeks | Full WB | None | Full ROM | Begin closed chain activities: wall sits, mini squats, toe raises, increase stationary bike resistance. Begin unilateral stance activities, balance training. |
| Phase IV 12 wks- 6 month | Full WB | None | Full ROM | Maximize core/glutes, pelvic stability, eccentric hamstrings May advance with elliptical, bike, and pool as tolerated. |
| Phase V 6-8 months | Full WB | None | Full ROM | Advance functional activity. Open chain strengthening. Return to sport-specific activity and impact at 8 months. |