

Physical Therapy Prescription for:

**label**

**Diagnosis: Patellofemoral DJD + Patellar Instability****Surgical Procedure: Patellofemoral Arthroplasty + MPFL Reconstruction (Quad tendon)****Date of Surgery:****PATELLFEMORAL ARTHROPLASTY AND MPFL/MQTFM RECONSTRUCTION  
PHYSICAL THERAPY PROTOCOL:****Hinged knee brace: 0-45 2 weeks → 0-90****Weeks 1 and 2:**

- Partial weight bearing with brace locked in extension
- Brace locked in extension for sleep
- CPM 0-45 2 hrs/day as tolerated
- Ankle pumps, SLR, quad sets, gentle knee ROM 0-45

**Weeks 3 and 4:**

- Weight bearing as tolerated, wean from crutches
- Brace 0-90
- AAROM knee flexion 0-90
- Patellar mobilization (medial only)
- Add hip abd/add, hamstring curls
- VMO recruitment

**Weeks 5 and 6:**

- Stationary bike
- Mini squats
- Initiate front/lateral step ups
- Front lunges

**Weeks 7 through 12:**

- Initiate progressive walking program
- Initiate pool program if available
- Return to functional activity
- Add lunges, ½ squats, step ups (larger)
- Emphasize eccentric/concentric knee control
- Regain full ROM

**Weeks 12+:**

- Return to advanced level of function
- Maintain/improve strength/endurance
- Continue quad sets, SLR, hip abd/add, ½ squats, lateral step ups, stationary bike for ROM and endurance
- Sport specific exercises