

Physical Therapy Prescription for:

label

Diagnosis: Patellofemoral DJD

Surgical Procedure: Patellofemoral Arthroplasty

Date of Surgery:

PATELLFEMORAL ARTHROPLASTY PHYSICAL THERAPY PROTOCOL:

Hinged knee brace: Brace is worn when ambulating until independent straight leg raise can be performed without extension lag

- Continue patellar mobilizations

Weeks 1 and 2:

- WBAT
- Brace locked in extension for sleep
- Prone hangs, heel props, heel slides, quad sets, SLR, hamstring isometrics
- Core proximal program
- Mini dips, wall slides when able

Weeks 3 and 4:

- AAROM knee flexion 0-90
- Patellar mobilization (medial only)
- Add hip abd/add, hamstring curls
- VMO recruitment
- Incorporate stationary bike (high seat, low resistance)

Weeks 5 and 6:

- Stationary bike with normal settings
- Continue core exercise program
- Maintain full ROM
- Mini squats
- Initiate front/lateral step ups
- Front lunges
- Proprioceptive training

Weeks 7 through 12:

- Wean brace
- Initiate progressive walking program
- Initiate pool program if available
- Return to functional activity
- Add back lunges, ½ squats, step ups (larger)
- Emphasize eccentric/concentric knee control
- Maintain full ROM
- Maintain core exercise program and use of stationary bike

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



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Date