



Dr. Redler's Trochlea Biocartilage PT Protocol

Diagnosis: R L Trochlear chondral defect
Eval & Treat: 2x/week x 12 weeks S/P: R L Knee arthroscopy, trochlear biocartilage

Table with columns for WEEK (1-10) and MONTH (3-6). Rows include PHASE 1 EXERCISES (Sitting AAROM flexion, Quad sets, Hamstring sets, etc.), MUSCLE STRETCHES (Sit and Reach, Lying Rectus, etc.), CARDIOVASCULAR EXERCISES (Stationary bike, Aquajogging, etc.), OTHER (E-stim, Proprioception), PHASE 2 SPORT CORD EXERCISES (Double Knee Bends, Carpet Drags, etc.), PHASE 3 WEIGHTS NO LUNGES (Ab/Adduction, Knee Extension, etc.), and PHASE 4 HIGH LEVEL EXERCISES (Biking, Rollerblading, Running, etc.).

***WB Status: Partial weight bearing (PWB) with brace locked in extension, crutches weeks 0-2 post-op
wks 2-6: WBAT w/brace locked in extension. Ok to unlock brace for ambulation when pt able to do SLR w/no lag
*Brace: Hinged knee brace weeks 0-6 post-op: 0-30degr wks 0-2, 0-60degr wks 2-4, 0-90degr wks 4-6

Additional Instructions: Modalities PRN, assess for patellar taping benefit
CPM 0-30, advance to 0-45 as tolerated

Lauren H. Redler, MD

Date