

Physical Therapy Prescription for:

label

Surgical Procedure: Trochleoplasty
Eval & Treat: 2x/week x 12 weeks

Phone: 212-305-3934

Fax: 212-305-4040

columbiaortho.org

Weeks 0 to 2 (Protection Phase)**Weight-bearing:**

- 50% PWB with crutches

Brace:

- Hinged knee brace locked in extension for sleep and ambulation

Range of Motion:

- ROM: 0-90
- Crepitus normal - expect for 6-8 wks

Therapeutic Exercises:

- Calf pumps, quad/glute/hamstring sets, SLR in brace

Manual Therapy:

- Modalities prn
- Patellar mobilization, edema management
- Cryotherapy, compression

Weeks 2 to 6 (ROM Phase)**Weight-bearing:**

- WBAT, wean crutches

Brace:

- Ok to unlock brace at night IF patient has achieved terminal extension
- ROM goals: maintain full extension, progress flexion to full (at least 90 by week 4)
- Discontinue brace at 6 weeks

Therapeutic Exercises:

- Progress weight bearing proprioceptive and reactive

neuromuscular retraining, multi-angle isometrics, progress to open chain isotonic exercises within available ROM

- Initiate stationary bike immediately upon reaching 90 degrees flexion

Manual Therapy:

- Patella mobilization, scar tissue mobilization
- Persistent swelling is expected for up to 3 months
- Cryotherapy, compression

Progression Criteria:

- ROM 0-120

Weeks 6 to 12 (Strengthening Phase)**Range of Motion:**

- Maintain full ROM

Therapeutic Exercises:

- Advance closed chain quads
- Progress balance, core/pelvic, stability work
- Progressed closed chain strengthening: mini squats, closed chain hip strengthening, eccentric quad strengthening

Manual Therapy:

- As needed
- May still have swelling which is normal

Progression Criteria:

- Good eccentric control
- Full ROM

Weeks 12 to 16 (Advanced Strengthening)**Therapeutic Exercises:**

- Progress flexibility/strengthening, functional balance, core, glutes program
- Progress from single plan to multi plane exercise
- May begin light impact activity week if full ROM and no limp
- Plyometric training when good eccentric quad control is demonstrated
- Impact activities starting double leg and progress to single leg as tolerated

Manual Therapy:

- As needed
- Compression and elevation for any continued swelling

Weeks 16 to 24 (Return to Activities)

- Sport specific drills
- Progress to functional training
- Return to sport testing
- Clearance will be decided by surgeon and progressed with physical therapist



Lauren H. Redler, M.D.

Date