



***PATELLOFEMORAL CHONDRAL REPAIR
POSTOPERATIVE PROTOCOL***

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Board-certified, Attending Orthopaedic Surgeon

Fellowship-trained in Sports Medicine and Arthroscopy

Weeks 0-2:

- Full weight bearing but brace must be locked in full extension
- Brace locked in full extension when not performing below exercises (sleeping, resting, etc.)
- CPM 6 hours/day 0-30 degrees
- Passive leg hang to 45 degrees, quad sets, patellar mobs, ankle pumps, straight leg raises

Weeks 2-6:

- Continue WBAT with brace unlocked and worn daytime only (including ambulation)
- CPM 6 hours/day 0-60 degrees for weeks 2-4
- CPM 6 hours/day 0-90 degrees for weeks 4-6
- PROM/AROM to tolerance, patella mobs, quad/hamstring/gluteal sets
- Side lying hip and core exercises
- Discontinue brace when patient able to SLR without extension lag

Weeks 6-12:

- Gait training
- Begin closed chain exercises (wall sits, mini squats [no weight], stationary bike)
- Unilateral stance activities and balance training

Months 3-6:

- Maximize core/gluteal/pelvic stability work
- Slowly incorporate open chain quad exercises (begin short arc then progress)
- Eccentric hamstring exercises
- Advance to elliptical, bike, pool activity as tolerated

Months 6+:

- Return to sport specific activities
- Run progression/jogging can begin at this point

If you have any questions, please contact our clinic.

Adapted courtesy of Dr. Geoff Abrams.