

**Patella Femoral Arthroplasty  
Rehab Protocol  
Dr. Jon Henry**

**Phase I – Immediate Post-op Phase (Day 1 to 10):**

**Goals**

- Emphasis on full knee extension
- ROM to 90 degree or greater
- Control postoperative pain and swelling
- Regain quadriceps control

**Day 1 to 4**

- Knee immobilizer and bilateral crutches WBAT until quad function restored
- CPM 20 to 70 degrees as tolerates 8-12 hours a day
- Cryotherapy: continuously
- Exercises:
  - Ankle pumps
  - Passive knee extension
  - SLR
  - Quad sets
  - Heel slides

**Day 4 to 10:**

- Knee immobilizer and bilateral crutches WBAT until quad function restored
- CPM progress 0 to 70 degrees
- Continue Cryotherapy
- Exercises:
  - AAROM knee flexion
  - Hip adduction/abduction

**Phase II – Motion Phase (Weeks 2 to 6):**

**Goals:**

- Improve ROM
- Enhance muscular strength and joint stability
- Control postoperative pain and swelling

**Weeks 2to 4:**

- WBAT without assistive device
- Exercises:
  - TKE 45-0 degrees

- Hamstring isotonic
- Mini squats
- Bicycle ergometry
- Discharge compressive stockings per MD approval

**Weeks 4 to 6:**

- Exercises:
  - Forward and Lateral steps-ups
  - Aquatic therapy
  - Mini Lunges

**Phase III – Intermediate Phase/Progressive Strengthening (Weeks 7 to 12):**

**Goals:**

- ROM 0-115 degrees or greater
- Return to ADL's
- Progress Muscular strength and proprioception
  
- Exercises:
  - Initiate Walking program
  - Pool Therapy
  - Lunges
  - Progress step-up (forward and lateral)
  - Squats to 90 degrees

**Phase IV – Return to Functional Activity Phase (Weeks 12+):**

**Goals:**

- Return to normal lifestyle
- Return to recreational activity per MD orders
  
- Exercises:
  - Plyometrics
  - Initiate Running
  - Advanced proprioception drills