



# ADVANCED ORTHOPAEDIC SPECIALISTS



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## AUTOLOGOUS CHONDROCYTE IMPLANTATION OF THE PATELLOFEMORAL JOINT WITH DISTAL REALIGNMENT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
<b>PHASE 1</b> 0 - 12 weeks	<p><b>0-2 Weeks:</b> non-weight bearing</p> <p><b>2-4 Weeks:</b> partial weight bearing (30-40 pounds). Progress by 25% a week.</p> <p><b>4-8 Weeks:</b> continue partial weight bearing status - progress to use of one crutch</p> <p><b>8-12 Weeks:</b> Progress to full weight bearing and discard crutches</p>	<p><b>0-2 Weeks:</b> Locked in full extension (remove for CPM/ exercise/hygiene)</p> <p><b>2-6 Weeks:</b> 0-40° or 60° as advised</p> <p><b>6-8 Weeks:</b> Wean from brace</p>	<p><b>0-6 Weeks:</b> CPM for a total of 6-8 hours/day as follows:  <b>Week 1:</b> 0-40°  <b>Weeks 2-3:</b> 0-60°  <b>Week 4:</b> 0-90°  <b>Week 5:</b> 0-115°  <b>Week 6:</b> 0-125°  <b>6+ Weeks:</b> Progress to full ROM; discontinue CPM</p> <p>May let knee hang to 90° up to 3x/day for a few minutes to prevent stiffness**</p>	<p><b>1-6 Weeks:</b> Quad sets, co-contractions isometric abduction/adduction ankle strength/all ROM's</p> <p><b>6-10 Weeks:</b> SLR, partial wall sits, terminal knee ext. w/TB, no greater than 45°, continue previous exercises</p> <p><b>10-12 Weeks:</b> Hamstring strength, TB resistance at 0-45°, light open chain ext., all ROM's at knee and hip</p>
<b>Phase 2</b> 12 weeks - 6 months	Full with a normalized gait	None	Full	Begin treadmill walking at slow pace, progress to balance/proprioception ext. initiate sports-specific drills
<b>Phase 3</b> 6 months - 12 months	Full	None	Full	Advance close chain strength ext. focus on single leg strength, progress to walking and bac plyometric movements TM, initiate light plyometric movements
<b>Phase 4</b> 12 months - 18 months	Full	None	Full	Continue strength training, emphasize single leg loading, progressive running/agility program, high impact at 18 months

\*Weight Bearing is restricted for the first 4-6 weeks to protect the bony portion of the procedure

\*\*Post operative stiffness in flexion following trochlear/patellar implantation is not uncommon and patients are encouraged to achieve 90° of flexion at least 3x/day out of brace after their first post operative visit (7-10 days)