



Always First.

FOX VALLEY ORTHOPEDICS

PATELLOFEMORAL ARTHROPLASTY

PHASE 1

Day 1-3

Goals: edema reduction, extension ROM progression, quad atrophy minimization

- WBAT with brace locked in extension
with or without crutches
- PROM, AAROM
*emphasize full extension
prone hangs
heel slides
- strengthening
quad sets
SLR
- stretching
- manual techniques
- modalities

PHASE 2

Day 4-10

Goals: extension and flexion ROM progression 0-90 degrees, minimization of extensor lag

- WB with brace locked in extension x 2 weeks
with or without crutches
- PROM, AROM
- strengthening
heel raises
theraband TKE
total gym squats
- stretching
- manual techniques
- modalities

PATELLOFEMORAL ARTHROPLASTY

PHASE 3

day 10 – week 4

Goals: ROM progression 0-120 degrees, strength and proprioception progression

- WB with brace unlocked
 - progress to d/c brace when pt demonstrates adequate quad control (typically at 2 wks, unlock brace)
 - cont to wear unlocked 2 wks
- PROM, AROM, RROM
- strengthening
 - single leg exercises PWB progressing to FWB
 - bike, stairclimber
- stretching
 - progress to WB gastroc/soleus
- neuromuscular re-education
 - balance board
 - single leg balance
- manual techniques and modalities

PHASE 4

week 4-6

Goals: full anatomic hyperextension, full flexion, normal gait

- D/C brace (progress gradually from unlocked brace to d/c brace)
- PROM, AROM, RROM
- neuromuscular re-education
- modalities
- Strengthening
 - CKC exercises: Partial lunge, modified leg press
 - Wall slides
 - Partial squats
 - Side stepping
 - SLS
 - Backward walking
 - Heel toe walking
- Manual techniques
 - Patellar mobilizations
 - Soft tissue mobilizations
 - Scar massage

PHASE 5

week 6-10

Goals: strengthening

- AROM, RROM
- strengthening
 - single leg chair squats
 - treadmill, versaclimber
- neuromuscular re-education
- manual techniques
- modalities

PATELLOFEMORAL ARTHROPLASTY**PHASE 6**

week 10-12

Goals: strengthening

- AROM, RROM
- manual techniques
- Strengthening

Continue with strengthening 3x per week and cardiovascular training and flexibility daily