



Always First™

**FOX VALLEY ORTHOPEDICS**  
**PROCHONDRIX CARTILAGE TRANSPLANT**  
**PATELLA/TROCHLEA**

**PHASE 1: Start PT at 2 weeks post op**

week 1-3

*Goals: edema reduction, pain control, knee extension ROM*

- FWB with brace locked in extension x 4wks (to protect graft)
- Unlock brace at 4 weeks, keep unlocked for additional 2 weeks
- PROM and AAROM (not until 2 weeks post op)
- strengthening
  - quad sets with progression to SLR as tolerated
- stretching
  - hamstring and gastrosoleus
- manual techniques
  - gentle patellar mobilization- do not compress the patella
- modalities

**PHASE 2**

week 3-5

*Goals: flexion ROM progression, full knee extension (avoid weighted knee extension)*

- FWB
- Continue w/ brace unlocked
- PROM, AROM
- strengthening
  - stationary bike
- stretching
- manual techniques
  - scar mobilization
- modalities

### **PHASE 3**

week 6-8

*Goals: gait progression, strength progression, full ROM*

- FWB d/c brace
- PROM, AROM
- strengthening
  - bilateral squat/heel raise progression
  - treadmill walking
- stretching
- neuromuscular re-education
  - balance board bilateral LE
- manual techniques
  - joint mobilization
- modalities

### **PHASE 4**

week 8-10

*Goals: normal gait, strength progression*

- PROM, AROM
- strengthening
- stretching
- neuromuscular re-education
  - single leg stance with progression to balance board unilateral LE
- manual techniques
- modalities

### **PHASE 5**

week 12

*Goals: strength progression*

- strengthening
  - step up/down progression
  - light treadmill jogging
- neuromuscular re-education

## **PHASE 6**

month 4-6

*Goals: strength progression, sport preparation, return to full sports at 6 months with MD approval*

- strengthening and neuromuscular re-education
  - treadmill running
  - agility drills
  - plyometrics