



PatelloFemoral Arthroplasty  
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	<b>PRECAUTIONS</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>Phase 1: 0-2 weeks</b>  <b>2-3x/week</b>	WBAT with walker / crutches  Respect all soft tissue healing; Do not force ROM	0-90°	Quad sets, ankle pumps, HS/glute sets  AAROM: Gravity-assisted knee bends, Towel knee extension stretching  Gentle STM for pain and edema
<b>Phase 2: 2-6 weeks</b>  <b>2-3x/week</b>	FWB  Wean A.D. as quad strength allows	0-115°  Begin weighted heel props or prone hangs if full extension not achieved at 2 weeks.	ROM: Heel slides, towel stretching flexion and extension, gentle PROM if needed.  STM and patellar mobilizations  Nustep or Stationary bike as motion allows  SLR's without extensor lag, hip ABD/ADD  Partial Body Weight strengthening exs: Standing TKE's, Small step ups with UE support, Shuttle, calf raises, mini-squats  Light Proprioception exercises
<b>Phase 3: 6-12 weeks</b>  <b>2-3x/week</b>	FWB on level surfaces and stairs	0-120°	Maintain full ROM  Advance balance/proprioception challenges  Progress strengthening with open and closed chain gym program  Multi-directional strengthening/stability  Endurance program for walking, bike, elliptical  Advance ADL's

MD post op appts: 2 weeks, 6 weeks, 12 weeks;  
 Please send PT progress notes prior to each of these MD appts.  
 This protocol is not a substitute for clinical decision making of the health care professional.  
 Please see PT referral for any specific post op instructions