

CARTIFORM PATELLA REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
Phase I WEEK 0-6:	Full with hinged knee brace	0-2 weeks: Locked in full extension. Remove for CPM and exercise only. 2-4 weeks: Unlocked and worn daytime only. Discontinue when quads can control SLR without extension lag	0-6 weeks: Use CPM 6 hrs/day 0-2 weeks: 0-30° 2-4 weeks: 0-60° 4-6 weeks: 0-60°	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core
Phase II WEEK 6-8:	Full	None	Full	Advance Phase I exercise
Phase III WEEK 8-12:	Full	None	Full	Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike Begin unilateral stance activities, balance training
Phase IV WEEK 12-6 MONTHS:	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike, pool as tolerated
Phase V MONTHS 6-12+:	Full	None	Full	Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos