

Cartilage Repair or Transplantation - Patella or Trochlea Physical Therapy Protocol

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Patient Name: _____

Date of Surgery: _____

Procedure: Right / Left Cartilage Restoration of Patella / Trochlea

Associated Procedure (checked if performed):

- Partial Meniscectomy
- Meniscus Repair

Frequency: 2x per week for _____ weeks

CPM

- Initiate POD1
- Perform 3x per day in 2-hour sessions (6 hours per day).
- Advance motion 5-10° each day as tolerated within the following guidelines
 - 0-2 weeks: 0-30°
 - 2-4 weeks: 0-60°
 - 4-6 weeks: 0-90°
 - 6-8 weeks: 0-120°
 - Goal: Full ROM by week 8

__ Phase I (0-8 weeks): *Period of protection.*

- **Weightbearing:**
 - **0-2 weeks:** Toe touch weight bearing (TTWB) in brace, locked in extension
 - **2-8 weeks:** As tolerated (WBAT) in brace, locked in extension
- **Brace:** Locked in extension at all times except for hygiene, CPM and home exercises.
- **ROM:**
 - Per CPM Guidelines above
 - PROM/AAROM and stretching under guidance of PT
 - Goal: Full ROM between 6-8 weeks
- **Therapeutic exercises (all NWB):**
 - 0-2 Weeks:

- Quad sets, SLR, calf pumps, passive leg hangs to 45° at home
- 2-8 Weeks:
 - Gentle patella mobilizations, quad/hamstring/glute sets, SLR, side-lying hip and core

Phase II (8-12 weeks):

- **Weightbearing/Brace:**
 - As tolerated (WBAT) in brace, unlocked and discontinued when quadriceps strength is regained.
- **ROM:** Full without limitations
- **Therapeutic exercises (all NWB):**
 - 8-10 Weeks:
 - Advance Phase I exercises
 - Initiate stationary bike without resistance.
 - 10-12 Weeks:
 - Gait training, begin closed chain activities (wall sits, mini-squats, toe raises)
 - Begin unilateral stance activities, balance training

Phase III (3-6 months):

- **Weightbearing:** As tolerated without bracing
- **ROM:** Full without limitations
- **Therapeutic exercises (all NWB):**
 - Advance Phase II exercises
 - Maximize core/glutes, pelvic stability work, eccentric hamstrings
 - Advanced to elliptical and pool as tolerated
 - 4 months: Jogging, progress to agility exercises

Phase IV (6-9 months):

- **Weightbearing:** As tolerated without bracing
- **ROM:** Full without limitations
- **Therapeutic exercises (all NWB):**
 - Advance functional activity. Post-exercise soreness should resolve within 24 hours
 - Return to sports typically at 8-9 months