



Post-Operative Rehabilitation for DeNovo Patella / Trochlea

Phase I: Weeks 0-6

- Full Weight Bearing
- Brace: (If applicable)
 - Weeks 0-1 Locked in full extension at all times including sleep. May remove for CPM and shower.
 - Weeks 1-4 Unlocked and worn during the day only. Can discontinue with SLR without extension lag.
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - **Weeks 0-2** CPM for 6hr/day 0-30°.
 - **Weeks 2-4** CPM for 6hr/day 0-60°.
 - **Weeks 4-6** CPM for 6hr/day 0-90°.
- Exercises
 - **Weeks 0-2:** Quad sets, SLR, ankle pumps, heel props, passive leg hangs/flexion to 45°, calf stretching
 - **Weeks 2-6:** PROM/AAROM to tolerance, patellar mobs, quad/hamstring sets, glute sets, SLR, side lying hip/core

Phase II: Weeks 6-8

- ROM:
 - Maintain symmetric extension
 - Progress flexion to full
- Exercises:
 - Progress Phase I exercises

Phase III: 8-12 weeks

- Maintain full ROM
- Exercises:
 - Begin closed chain exercises
 - Maintain core/glute/hip strength
 - Begin balance training
 - Gait training

Phase IV: 12 weeks- 6 months

- Maintain full ROM
- Exercises:
 - Advance Phase III exercises including eccentric hamstrings
 - Continue to maintain core/hip/glute strength
 - Progress strength/flexibility and functional balance
 - Stationary bike, may add elliptical and pool as tolerated

Phase V: 6-12 mo.:

- Exercises:
 - Progress strength and functional activity
 - Return to sport specific activity and impact when CLEARED BY MD after 8 months.