



**DENOVO (PARTICULATE CARTILAGE IMPLANTATION) OF  
PATELLOFEMORAL JOINT (PATELLA / TROCHLEA)  
WITHOUT TIBIAL TUBERCLE OSTEOTOMY**

**PHYSICAL THERAPY PROTOCOL**

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**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

\_\_\_ **Evaluate and Treat**                      \_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	Full w/ brace	<p><b>0-1 week:</b> Locked in full extension at all times</p> <p>Off for CPM and exercise only</p> <p><b>1-4 weeks:</b> Unlocked and</p>	<p><b>0-6 weeks:</b> Use CPM for 6 hours/day, beginning 0-30° for 0-2 weeks</p> <p><b>2-4 weeks:</b> 0-60°</p>	<p><b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 45° at home</p> <p><b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core</p>



		worn daytime only	<b>4-6 weeks:</b>	
		Discontinue when quads can control SLR w/o extension lag	0-90°	
<b>PHASE II</b> 6-8 weeks	Full	None	Full	Advance Phase I exercises
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Gait training, begin closed chain activities: wall sits, mini- squats, toe raises, stationary bike  Begin unilateral stance activities, balance training
<b>PHASE IV</b> 12 weeks - 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
<b>PHASE V</b> 6-12 months	Full	None	Full	Advance functional activity  Return to sport-specific activity and impact when cleared by MD after 8 mos

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**