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POSTOPERATIVE REHABILITATION PROTOCOL

PATELLA STABILIZATION and/or CARTILAGE REPAIR

GENERAL

Crutches for 1-2 weeks, Brace for 4 weeks
TTWB for 1st week, then WBAT
Brace locked when ambulating x 4 weeks. May remove for exercises and CPM
CPM settings: 0-30° for 1st week, advance 15° weekly as tolerated
Discontinue CPM once 90° flexion achieved
Modalities as needed

PHASE 1

Weeks 0 to 6

Week 1: PROM 0-30°, obtain full extension. TTWB with crutches and brace.
Week 2: Wean off crutches as tolerated
Week 2-4: Advance PROM weekly to achieve 90° flexion by weeks 4-5
Therapeutic exercises: Patellar mobs, heel slides, quad/hamstring sets, isometric abduction/adduction strengthening
Stationary bike with NO resistance as ROM allows

PHASE 2

Weeks 6 to 12

Full weight bearing with brace unlocked
Wean from brace as tolerated when quadriceps strength returns
Progress to full ROM
Quadriceps strengthening, Achilles/calf stretch, hamstring sets
Partial (0-45°) wall slides, closed-chain strengthening proprioceptive training
Increase resistance on stationary bike. May use elliptical trainer as tolerated

PHASE 3

Weeks 12 to 16

Advance (0-90°) closed-chain strengthening: squats, leg press, lunges
Single knee bends, rowing, forward/backward jogging, outdoor biking, jump downs (double-stance landing)
Progress to full quadriceps/hamstring strength

PHASE 4

4 months to 6 months

Agility exercises
Continue jogging with progression to running
Sport-specific training
Strengthening and flexibility maintenance program
Gradual return to competitive sports participation