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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Cartilage Restoration Patella/Trochlea

Phase I: 0-2 weeks

- Edema and pain control
- CPM: 6 hrs a day beginning 0-30 deg
- Weight bearing status: WBAT in extension with crutches
- ROM: 0-30 degrees
- Brace: locked in extension during ambulation
- Exercises: patellar mobs, gastroc/soleus stretch, calf pumps

Phase II: 2-6 weeks

- WB status: WBAT in extension with crutches
- CPM: 2-4 weeks: 0-60 deg, and 4-6 weeks: 0-90 deg
- ROM:
 - o Progress to full
- Brace:
 - o unlocked
- Exercises: Phase I + straight leg raises, hip/glutes/core, encourage active knee flexion/extension daily without resistance

Phase III: 6-12 weeks

- WB status: full without brace
- ROM: full
- Brace: wean off
- Exercise: Continue Phase II

Phase IV: 3-6 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + pool work, elliptical, biking

Phase V: > 6 mo

- Advance sports related training activity
- Return to sport when cleared by MD (generally after 9 mo)