



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Patellofemoral Replacement

All times are approximate, with actual progression based upon clinical responsiveness

Phase I: 0-2

- Edema and pain control
- Weight bearing status: WBAT; no brace unless trouble with leg control
- ROM: 0-90 deg
- Exercises: patellar mobs, calf pumps, quad sets, gluteal sets, gait training

Phase II: 2-6 weeks

- Continue with soft tissue treatments
- Incorporate functional and aerobic exercises
- In addition to Phase I exercises, balance and proprioception exercises
- ROM: progress as tolerated

Phase III: 6-12 weeks

- Incorporate activity specific training (gardening, etc.)
- Wean to a home/gym program
- ROM: should approach full ROM

Phase IV: 3+ months

- Can start more strenuous sport type activities