

Patella Osteochondral All	ograft Transplantatior
DOB:	

• •

• •

•

lacktriangle

• •

ullet

lacktriangle

• •

• •

•

• • •

lacktriangle

•

ullet

•

•

lacktriangle

•

•

•

lacktriangle

•

Name:						DOB:									
Dr: Emily Whicker, M.D.					Da	ite:									
●= Do exercise for that week															
Initial Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Patella/Tendon Mobilizations	•	•	•	•	•	•									
Flexion/Extension – Seated/Wall Slide	•	•	•	•	•	•									
Extension Heel Prop	•	•	•	•	•	•									
Quad Series (E-Stim, BFR)	•	•	•	•	•	•									
Hamstring Set	•	•	•												
Calf Stretch with Strap	•	•	•												
Ankle pumps	•	•	•												
Toe and Heel Raises			•												
Weight Shifts & Crutch Walking			•												
Single Leg Balance			•	•	•	•	•	•	•						
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Stationary Bike			•	•	•	•	•	•	•	•	•	•	•	•	
Aqua Jogging				•	•	•	•	•	•	•	•	•	•	•	
Treadmill – Walking								•	•	•	•	•	•	•	
Swimming with Fins								•	•	•	•	•	•	•	
Elliptical/Rowing										•	•	•	•	•	
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Leg Press – Double Leg				•	•	•	•	•	•	•					
Squats – Double Leg				•	•	•	•	•	•	•					
Deadlifts – Double Leg				•	•	•	•	•	•	•					
Heel Raises – Double Leg				•	•	•	•	•	•	•					
Standing Hamstring Curl				•	•	•	•	•	•	•					
Band Walking				•	•	•	•	•	•	•					
Isometric Wall Sit @ 90,60,45°				•	•	•	•	•	•	•					
Bridging – Double Leg				•	•	•	•	•	•	•					
Leg Press – Single Leg								•	•	•	•	•			
Reverse Lunge Static Hold								•	•	•	•	•			
Deadlift – Single Leg								•	•	•	•	•			
Ball & Single Leg Bridging								•	•	•	•	•			
Rear Leg Elevated Split Squat										•	•	•	•		
Lunges – Walking & Slide Disc										•	•	•	•		
Front Step Up										•	•	•	•		

ROM RESTRICTIONS

0-90° x 2 weeks then full ROM

BRACE SETTINGS

0-90° x 2 weeks then unlocked until carbon fiber brace

Weight Bearing status

TTWB x 2 weeks, wean x 1 week, FWB after 3 weeks

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

Heel Raises - Single Leg

Sliding Leg Curl - Double Leg

Single Leg Squat Y Excursions

Sliding Leg Curl – Single Leg

Advanced Balance Training

Squat - Single Leg

Single Leg Box Drives

Nordic Hamstring Curls

Front Step Down

Side Planks

	Diversatives	1	2	3	4	5	6	7	8	9	10	12	17	21	25
	Plyometrics	1		3	4	Э	0	- 1	0	9	10	13	17	•	25
	Vertical Squat Jump – Double Leg Horizontal Broad Jump – Double Leg												•	•	
Recommended	Lateral Jump – Double Leg												•	•	•
Criteria to Initiate	Vertical/Broad/Lateral Jumps – Double														
Impact Activities & Running	Leg to Single Leg Land												•	•	•
D : 0/40	Jump Lunges												•	•	•
Pain <u><</u> 2/10	Box Drop – Double Leg												•	•	•
Full Active Knee	Continuous Broad Jumping – Double Leg												•	•	•
Extension	Vertical/Broad Jumps – Single Leg to													•	
Knee flexion ROM	Single Leg Land													_	
≥ 95% of Uninvolved Side	Lateral Skater Hops – Single Leg													•	•
OffilityOlved Side	Box Drop – Single Leg Continuous Broad Jumping - Single Leg													•	_
Quad LSI > 70%	(Triple, Crossover, 6m Timed)													•	•
HS LSI <u>></u> 70%	Box Drop Jumps – Double Leg													•	•
Quad/BW <u>></u> 60%	Box Drop Jumps – Single Leg														•
Functional Hop &	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Power Tests	Walk/Jog Program												•	•	•
LSI <u>></u> 70%	Running Progression													•	•
IKDC <u>></u> 64%	Sprinting Progression														•
11.20 <u>2</u> 01/0	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step												•	•	•
Recommended	Standing Mountain Climbers at Wall												•	•	•
Criteria to Initiate Return to Sport	Shuffling & Grapevine												•	•	•
	Back Pedaling												•	•	•
Quad LSI <u>></u> 90% HS LSI <u>></u> 100%	Agility Ladder Drills												•	•	•
113 LSI <u>2</u> 100 %	Single Leg Hopping (Clock, Square)												•	•	•
HS/QS ≥ 60%	Skipping/Bounding													•	•
Quad/BW	Deceleration Drills													•	•
Female: <u>></u> 80%	Cone Drills													•	•
Male: <u>></u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Power Tests	Golf – Putt				•	•	•	•	•	•	•	•	•	•	•
LSI <u>></u> 90%	Chip					•	•	•	•	•	•	•	•	•	•
Y-Balance	Irons								•	•	•	•	•	•	•
Anterior Reach	Drivers											•	•	•	•
Distance < 4 cm	Play a Round												•	•	•
IKDC ≥ 90%	Hiking – Easy												•	•	•
ACL DOL: 600/	Hiking – Moderate													•	•
ACL-RSI <u>></u> 60%	Hiking – Difficult														•
	Backpacking														•
	Road Biking – Flat												•	•	•
	Road Biking – Hills													•	•
	Gravel Biking														•
	Mountain Biking – Cross Country		-		1									•	•
	Mountain Biking – Downhill												_	_	•
	Snowshoeing, Nordic Skiing – Classic												•	•	•
	Nordic Skiing – Skate													•	•
	Alpine Skiing, Snowboarding, Basketball, Tennis, Football, Soccer														•