

Patellofemoral Arthroplasty with Arthrosurface

Name:		DOB:	
Dr:	Emily Whicker, M.D.	Date:	

ROM RESTRICTIONS

Full range of motion

BRACE SETTINGS

Brace x 2 weeks

Weight Bearing status

Weightbearing as tolerated

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)

Precautions

Avoid anterior knee stress & pain

Do exercise for that week Initial Exercises	We	2	3	4	5	6	7	8	9	10	11	13	17
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	11	13	17
Stationary Bike	•	•	•	•	•	•	•	•	•	•	•	•	•
Aqua Jogging							•	•	•	•	•	•	•
Treadmill – Walking							•	•	•	•	•	•	•
Swimming with Fins							•	•	•	•	•	•	•
Elliptical/Rowing							•	•	•	•	•	•	•
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	11	13	17
Leg Press – Double Leg			•	•	•	•	•	•					
Bridging – Double Leg			•	•	•	•	•	•					
Deadlifts – Double Leg			•	•	•	•	•	•					
Heel Raises – Double Leg			•	•	•	•	•	•					
Standing Hamstring Curl			•	•	•	•	•	•					
Band Walking			•	•	•	•	•	•					
Isometric Wall Sit @ 90,60,45°					•	•	•	•					
Leg Press – Single Leg					•	•	•	•	•	•			
Reverse Lunge Static Hold					•	•	•	•	•	•			
Deadlift – Single Leg					•	•	•	•	•	•			
Heel Raises – Single Leg					•	•	•	•	•	•			
Advanced Balance Training					•	•	•	•	•	•	•	•	•
Side Planks					•	•	•	•	•	•	•		
Ball & Single Leg Bridging							•	•	•	•	•		
Squats – Double Leg							•	•	•	•	•		
Rear Leg Elevated Split Squat									•	•	•	•	
Lunges – Walking & Slide Disc									•	•	•	•	
Step Up/Down Progression									•	•	•	•	
Squat – Single Leg											•	•	•
Single Leg Box Drives											•	•	•
Single Leg Squat Y Excursions											•	•	•
Sliding Leg Curl – Single Leg											•	•	•

	Plyometrics	1	2	3	4	5	6	7	8	9	10	11	13	17
	Vertical Squat Jump – Double Leg											•	•	•
	Horizontal Broad Jump – Double Leg											•	•	•
Recommended	Lateral Jump – Double Leg											•	•	•
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double													
& Running	Leg to Single Leg Land												•	•
Dain : 2/40	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	Lateral Skater Hops – Single Leg													•
Uninvolved Side	Box Drop – Single Leg													•
Quad LSI <u>></u> 70%	Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)													•
HS LSI <u>></u> 70%	Box Drop Jumps – Double Leg													•
Quad/BW <u>></u> 60%	Box Drop Jumps – Single Leg													•
	Return to Running	1	2	3	4	5	6	7	8	9	10	11	13	17
Functional Hop & Power Tests	Walk/Jog Program											•	•	•
LSI <u>></u> 70%	Running Progression												•	•
IKDO 049/	Sprinting Progression													•
IKDC ≥ 64%	Agility	1	2	3	4	5	6	7	8	9	10	11	13	17
	Quick Taps on Step											•	•	•
Recommended	Standing Mountain Climbers at Wall											•	•	•
Criteria to Initiate	Shuffling & Grapevine											•	•	•
Return to Sport	Back Pedaling												•	•
Quad LSI <u>></u> 90%	Agility Ladder Drills												•	•
HS LSI <u>></u> 100%	Single Leg Hopping (Clock, Square)												•	•
HS/QS ≥ 60%	Skipping/Bounding													•
	Deceleration Drills													•
Quad/BW Female: > 80%	Cone Drills													•
Male: ≥ 85%	Sport Specific Drills													•
	Return to Sport	1	2	3	4	5	6	7	8	9	10	11	13	17
Functional Hop & Power Tests	Golf – Putt	•	•	•	•	•	•	•	•	•	•	•	•	•
LSI ≥ 90%	Chip			•	•	•	•	•	•	•	•	•	•	•
V Dalance	Irons				•	•	•	•	•	•	•	•	•	•
Y-Balance Anterior Reach	Drivers						•	•	•	•	•	•	•	•
Distance ≤ 4 cm	Play a Round							•	•	•	•	•	•	•
II/DC - 000/	Hiking – Easy											•	•	•
IKDC ≥ 90%	Hiking – Moderate												•	•
ACL-RSI <u>></u> 60%	Hiking – Difficult													•
	Backpacking													•
	Road Biking – Flat											•	•	•
	Road Biking – Hills												•	•
	Gravel Biking													•
	Mountain Biking – Cross Country												•	•
	Mountain Biking – Downhill													•
	Snowshoeing, Nordic Skiing – Classic												•	•
	Nordic Skiing – Skate													•
	Alpine Skiing, Snowboarding,													
	Basketball, Tennis, Football, Soccer													