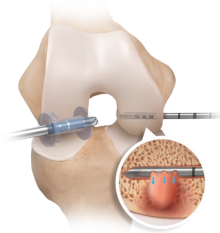
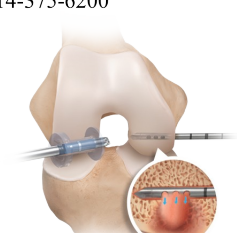




Matthew Varacallo MD
145 Hospital Avenue
Suite 311
DuBois, PA 15857
814-375-6200




Patellofemoral Intraosseous Bioplasty Post-Operative Rehabilitation Protocol



Phase I: 0-2 Weeks

- **Physical therapy:** First appointment 7-10 days following surgery
- **Brace:** Postop brace is to be worn, locked at 0 degrees/straight, at all times except for PT exercises
- **Weightbearing:** WBAT with the knee locked in extension. 2 crutch assistance for ambulation
- **Range of Motion:** AROM/AAROM/PROM 0-30 degrees (**begin at first PT visit**)
- **Cryotherapy/Ice:** 30 min on/off as much as possible
- **Therapeutic Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductor strengthening
 - Ankle theraband exercises

Phase II: 2-4 Weeks

- **Knee Brace:** Worn with weightbearing activities still locked in full extension- may be removed at night
- **Range of Motion:** AROM/AAROM/PROM - add 15 degrees of flexion each week -
****Goal is 90 degrees by post-op week 4****
- **Therapeutic Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductor strengthening
 - Ankle theraband exercises
 - Initiate straight leg raises  **goal for no extension lag / optimal quad control (i.e. hold position without "shaking" by 4W prior to allowing the brace to be unlocked during ambulation at 6 weeks)**

Phase III: 4-8 Weeks

- **Knee Brace:** Unlocked - worn with weightbearing activities
- **Weightbearing:** Full
- **Range of Motion:** AROM/AAROM/PROM - ****progress to full ROM by post-operative week 8****
- **Therapeutic Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductor strengthening
 - Ankle theraband exercises
 - Continue straight leg raises; hip/core strengthening

Phase IV: 8-12 Weeks

- **Knee Brace:** Discontinue
- **Weightbearing:** Full
- **Range of Motion:** Full
- **Therapeutic Exercises:** Continue above + add in stationary bike (8-10W)

*8-10 weeks: Add stationary bike; Lunges, 1/2 squats, step ups (begin at 2" height and progress as tolerated);

*10-12 weeks: Quad sets, progress knee extension exercises 90-0 degrees; Bike for ROM/endurance

*12 weeks and beyond: Progress gradually to return to all functional activity / impact activity / sports etc.