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## **Patellar Subchondroplasty 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/abductorstrengthening
  - 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.