



**Austin Cole, MD**

**Articular Cartilage Restoration- Patellofemoral Compartment,  
MPFL Reconstruction, Tibial Tubercle Osteotomy  
Post-Operative Protocol**

**Phase I - Maximum Protection**

**Weeks 0-6**

- Brace locked in full extension
- Weight bearing progression with use of axillary crutches
  - Weeks 0-2: <20% of body weight
  - Weeks 2-6: 25-50% of body weight
- Initiate quadriceps muscle activation
- Initiate range of motion
  - Week 1: 0-20 degrees flexion
  - Weeks 1-2: 0-30 degrees flexion
  - Weeks 2-4: 0-60 degrees flexion
  - Weeks 4-6: 0-90 degrees flexion
- CPM use 6 hours a day for 6 weeks
  - No brace use when using CPM
  - Range of motion on CPM consistent with ROM restrictions listed above.

**Goals**

- Reduce inflammation and pain
- Protect surgical repair
- Maintain full knee extension range of motion
- Gradually progress knee range of motion per above restrictions
- Maintain strength and motion of non-operative joints
- Quadricep activation

**Exercise progression**

- Passive/active knee range of motion
- Quad sets, hamstrings sets, glute sets
- Multi-plane open kinetic chain strengthening (i.e. straight leg raises, avoid patellofemoral provocative exercises)
- Use of BFR (blood flow restriction) therapy to facilitate strengthening during weight bearing restrictions
- Patellofemoral mobilizations
- Gait training
- Elevation and cryotherapy to assist with swelling reduction

## **Phase II- Progressive Stretching and Early Strengthening**

### **Weeks 6 to 12:**

- Unlock brace at 6 weeks and discontinue once full weight bearing
- Weight bearing as tolerated progressing to full weight bearing
  - Progress to weight bearing as tolerated pending MD approval after imaging at 6 week follow up visit
- Progress to full range of motion
- Initiate closed chain strengthening
- Initiate balance and proprioception exercises

#### **Goals**

- Reduce inflammation and pain
- Protect surgical repair
- Full knee range of motion
- Maintain strength of non-operative joints
- Normalize gait pattern

#### **Exercise progression**

- Initiate bike at 6 weeks
- Initiate elliptical at 10 weeks
- Initiate closed chain strengthening in double limb progressing to single limb (squat depth 0-90 degrees)
- Step up progression
- Balance/proprioception drills
- Gait training
- Elevation and cryotherapy to assist with swelling reduction

## **Phase III- Progressive Strengthening**

### **Weeks 12 to 24:**

- Advance strengthening program
- Balance and proprioceptive exercises

#### **Goals**

- Reduce inflammation and pain
- Protect surgical repair
- Full knee range of motion
- Progress limb strength
- Normal gait pattern

#### **Exercise progression**

- Progress closed chain single and double limb strength as able
  - Avoid patellofemoral provocative exercises (lunges, leg extension)

## **Phase IV- Advanced Strengthening, Running Progression, Plyometric Training**

### **Months 6 to 9:**

- Administer Preliminary functional test at 6 months for MD to review
- Initiate straight line jogging at 6 months if proper biomechanics are demonstrated and symmetry on functional test
- Advance strengthening program
- Initiate plyometric training in double limb with gradual progression to single limb
- Able to return to low-impact recreational activities (walking, biking, elliptical, swimming)

#### **Goals**

- No swelling
- Full range of motion
- Normal gait pattern
- Symmetrical strength and power

Exercise progression

- Single limb closed chain strengthening
- Proprioception drills
- Basic ladder series
- Linear jogging progression
- Basic plyometric box progression
- Gym strengthening progression

**Phase V- Return to Sport**

**Months 9 to 12:**

- Progress plyometric training to single limb, multi-plane, change of direction, and deceleration
- Advance strengthening program
- Administer Return To Sport functional test prior to 12 month follow up appointment with MD for physician to review

Goals

- No swelling
- Full range of motion
- Normal gait pattern
- Symmetrical strength and power

Exercise progression

- Advanced ladder series
- Change of direction with running and jumping
- Sport specific field/court drills
- Gym strengthening progression

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 12 months for contact and non-contact athletes