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## **REHABILITATION PROTOCOL – ACI PATELLA/TROCHLEA**

### **Phase I (0-6 weeks)**

Weight Bearing: Full weight-bearing with brace

Brace:

- Weeks 0-2: Locked in extension for sleeping and all activity (off for CPM)
- Weeks 2-4: Locked in extension for ambulation; off without ambulation
- Weeks 4-6: Set 0-90°; on for ambulation; off without ambulation

ROM:

- Weeks 0-2: 0-30° with CPM
- Weeks 2-4: 0-60°
- Weeks 4-6: 0-90°

Exercises:

- Weeks 0-2: Quad sets, patellar mobilization, straight leg raises, ankle pumps
- Weeks 2-6: Patella mobilization, quad/hamstring/gluteal sets, SLRs, side-lying hip, core

### **Phase II (6-8 weeks)**

Weight Bearing: Advance to as tolerated at 8 weeks

Brace: None

ROM: Full

Exercises: Continue as above (Avoid squats, lunges, low chairs)

### **Phase III (8-12 weeks)**

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Proprioception exercises (unilateral stance, balance)

### **Phase IV (12-26 weeks – only advance to Phase IV if no swelling and full ROM):**

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Eccentric hamstring, gluteal strength; maximize core/gluteal strength
- Elliptical, stationary bike, pool
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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