

1900 Lafayette Road
Portsmouth, NH
(603) 431-1121



16 Hospital Drive
York, ME
(207) 363-3490

Tyler P. Welch, M.D., FAAOS
www.SeacoastSportsSurgeon.com

REHABILITATION PROTOCOL – CARTILAGE ALLOGRAFT PATELLA / TROCHLEA (DE NOVO)

Phase I (0-6 weeks)

Weight Bearing: Non weight-bearing

Brace:

- Weeks 0-2: Locked in extension for sleeping and all activity (off for CPM + exercises)
- Weeks 2-6: Unlocked and worn daytime only. Discontinue when quad strength appropriate (no extension lag)

ROM: Start at 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

Brace: None

ROM: Full

Exercises: Continue as above

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, gluteals; maximize core/gluteal strength; elliptical, stationary bike
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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