



Armando F. Vidal, MD
Complex Knee, Shoulder and
Sports Medicine

Patellofemoral Joint Arthroplasty with Arthrosurface

Immediately Post-Op (0-2 weeks)

- Full passive/active ROM
- Weight bearing as tolerated with crutches until first post-op appointment
- Modalities as needed
- Exercises:
 - Flexion/Extension- wall slides and seated
 - Patella Mobs
 - Extension mobilization
 - Quad/Hamstring sets
 - Sit and reach hamstring stretch
 - Ankle pumps
 - Heel/Toe raises starting week two
- **Patellar Stabilization brace given at first post-op visit (1-2 wks post-op) and to be worn for 6 weeks while walking**

3-4 weeks Post Op

- Continue as above
- Balance exercises
- Bike with no resistance

5-6 Weeks Post Op

- Continue as above
- Begin double knee bends, double leg bridges, cord exercises, and leg press
- Begin bike with resistance, aquajogging, treadmill walking (7% incline), swimming with fins

7-8 Weeks Post Op

- Continue as above
- Begin elliptical trainer, rowing machine
- Begin golf progression if desired

10-11 Weeks Post-Op

- Begin outdoor biking, hiking, and snowshoeing

12-16 Weeks Post-Op

- Begin sports test exercises
- Begin stair stepper

16 Weeks Post Op-Op

- Return to cutting/pivoting sports once cleared by physician (skiing, soccer, football, etc)