



## PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**DIAGNOSIS ( LEFT / RIGHT ) CARTILAGE REPAIR (MICROFRACTURE / OATS / ALLOGRAFT OATS)  
(MEDIAL FEMORAL CONDYLE / LATERAL FEMORAL CONDYLE / TROCHLEA / PATELLA)**

**DATE OF SURGERY** \_\_\_\_\_

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#### PHASE 1 EARLY 0---6 WEEKS

**\*\*Knee brace** thru 6 weeks

**\*\*Non---weightbearing with crutches** x6 weeks (TTWB ok for patella/trochlea)

**\*\*CPM** ~ 3---4 hours daily x6 weeks, start 0---60 degrees post---op, progress to 110 degrees by 6 weeks, and full ROM by 12 weeks post---op.

ROM Exercises: Week 0 --- 6: 0---110 degrees

(goal 90 degrees flexion by week 3, 110 degrees by week 6)

Isometric quad sets and SLR:

-----start immediately post---op

-----wear knee brace during SLR

-----may apply e---stim for poor quad function

Pre Progression – Emphasize VMO Strengthening

- Multiple angle isometrics
- Eccentric closed chain isotonic
- Concentric closed chain isotonic
- Eccentric open chain isokinetics (performed in 90---30 deg arc)
- Concentric open chain isokinetics, submaximal
- Eccentric open chain isotonic
- Concentric open chain isotonic, submaximal
- Concentric open chain isotonic, maximal

➤➤ Gentle multi---directional patella mobilization immediately after surgery

➤➤ Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions 2---3 weeks post---op

➤➤ Hamstring/adductor/abductor/quadriceps/Achilles stretching

- Whirlpool therapy if available at 2---3 weeks post---op to enhance motion
- Stationary bicycle with no resistance once 90 degrees knee flexion obtained (~4 weeks)

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- Anti-inflammatory modalities as needed (US/massage/e-stim)
- Cryotherapy and compression stockings/TEDS for swelling and pain control

## PHASE 2 TRANSITIONAL PHASE

**\*\*Weight-bearing status:** use bathroom scale to progress as follows:

- week 7: PWB 1/3 body weight
- week 8: PWB 2/3 body weight
- week 9: FWB with crutches
- week 10+: crutch, cane, or no device as tolerated

ROM Exercises: continue full AROM and gentle PROM exercises

CPM may be discontinued

- Low weight (max 10--20lbs.) open-chain leg extension and curl
  - Stationary bicycle with gradual increased tension per level of comfort
  - Continue quad sets, SLR in brace, leg curl and heel slides
  - Strengthen quads, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated
  - Gentle closed-chain terminal knee extension 0--40 degrees (TKE) permitted starting at 9--10 weeks as tolerated per weight bearing restriction
- Continue multi-directional patella mobilization
  - Hamstring/adductor/abductor/quadracept/Achilles stretching
  - Whirlpool therapy if available to enhance motion and quadracept/hamstring muscle control
  - E-stim for VMO/quadracept muscle re-education/biofeedback as needed
  - Gentle massage/deep friction to hamstring insertions, suprapatellar quadracepts, medial/lateral gutters, and infrapatellar regions
  - Activity level should be modified if increased pain, catching, or swelling occurs

## **PHASE 3: REMODELING PHASE 13 WEEKS+**

**\*\*Weight-bearing status:** full weight-bearing as tolerated with crutch or cane as needed/pain allows

ROM Exercises: continue full AROM and gentle PROM exercises

CPM may be discontinued

### **Therex**

- Resisted open-chain exercise with  $\leq 20$ lbs to be progressed as tolerated after 6mos
  - Closed-chain exercise to promote knee stability and proprioception through full ROM as tolerated
  - Cycling on level surfaces permitted with gradual increase in tension per level of comfort
  - Treadmill walking encouraged
  - Rollerblading permitted at 6--7 months
- Continue multi-directional patella mobilization

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- Hamstring/adductor/abductor/quadracept/Achilles stretching
- Whirlpool therapy if available to enhance motion and quadracept/hamstring muscle control
- E---stim for VMO/quadracept muscle re---education/biofeedback as needed
- Gentle massage/deep friction to hamstring insertions, suprapatellar quadracepts, medial/lateral gutters, and infrapatellar regions
- Activity level should be modified if increased pain, catching, or swelling occurs

\*\*no pivoting sports should be started without MD clearance \*\*no squats, no leg presses allowed

Treatment: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC