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Patella/Trochlea Cartilage Preservation (Microfracture, OCA, OATs, MACI) Rehab Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> No quad lag Adequate hamstring control 	<ul style="list-style-type: none"> Weight bearing as tolerated with brace locked in extension x2 weeks Sleep in brace x 2 weeks Brace set 0-90 	<ul style="list-style-type: none"> 0-90 deg A/PROM x 3 weeks No patellar mobilization x 4 weeks Modalities PRN <ul style="list-style-type: none"> Begin KneeHab 	<ul style="list-style-type: none"> Wall slides, heel slides to 45 deg flex Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Ankle pumps Side-lying hip and core
Phase 2 (3-6 weeks) Goals: <ul style="list-style-type: none"> Moderate proprioception Gradually increase ROM 	<ul style="list-style-type: none"> WBAT with brace Brace daytime use only Brace set 0-120 	<ul style="list-style-type: none"> Advance to full A/PROM as tolerated at 4 weeks Patellar Mobilization at 4 weeks Modalities PRN 	<ul style="list-style-type: none"> Continue as above BFR – may initiate post op day 15 Can begin hamstring sets Toe & heel raises
Phase 3 (7-10 weeks) Goals: <ul style="list-style-type: none"> Full ROM Avoid post activity swelling 	<ul style="list-style-type: none"> D/C hinged brace Full weight bearing No impact activities until 12 weeks 	<ul style="list-style-type: none"> Full A/PROM 	<ul style="list-style-type: none"> Begin mini squats and progress as tolerated Begin elliptical with minimal resistance Begin stationary bike with no resistance once 120 deg flexion obtained Aquajogging Reverse lunges
Phase 4 (11-16 weeks) Goals: <ul style="list-style-type: none"> Begin walk-run program Post activity soreness limited to 24 hours No pain with impact activities 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Maintain full A/PROM 	<ul style="list-style-type: none"> Can begin rowing Begin walk-run program at 12 weeks Leg press, single leg dead lift, balance squats Begin light plyometric training at 14 weeks
Phase 5 (17+ weeks) Goals: <ul style="list-style-type: none"> Begin sport specific activities No post activity swelling 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> Return to sport progression if no swelling or pain with impact Return to play formal evaluation by therapist Return to full sport when cleared by Dr. Ridley <ul style="list-style-type: none"> 5-7 months based on sport and symmetric strength/balance