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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: - No quad lag - Adequate hamstring control	- Weight bearing as tolerated with brace locked in extension x2 weeks - Sleep in brace x 2 weeks - Brace set 0-90	0-90 deg A/PROM x 3 weeks - No patellar mobilization x 4 weeks - Modalities PRN - Begin Kneehab	- 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: - Moderate proprioception - Gradually increase ROM	- WBAT with brace - Brace daytime use only - Brace set 0-120	- Advance to full A/PROM as tolerated at 4 weeks - Patellar Mobilization at 4 weeks - Modalities PRN	- Continue as above - BFR – may initiate post op day 15 - Can begin hamstring sets - Toe & heel raises
Phase 3 (7-10 weeks) Goals: - Full ROM - Avoid post activity swelling	- D/C hinged brace - Full weight bearing - No impact activities until 12 weeks	Full A/PROM	- 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: - Begin walk-run program - Post activity soreness limited to 24 hours - No pain with impact activities	FWB	Maintain full A/PROM	- 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: - Begin sport specific activities - No post activity swelling	FWB	Full	- 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. Flikkema 5-7 months based on sport and symmetric strength/balance

