Trochlear OCA, OATS, or Cartiheal

TWIN CITIES ORTHOPEDICS

Name: _____

Dr: Chris LaPrade Date: _____

ROM RESTICTIONS

90 deg flexion limit x 2 weeks (then progress to full motion)

BRACE SETTINGS

Immobilizer x 8 weeks

Weight Bearing status

NWB x 6-8 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

●= Do exercise for that week **Week**

Initial Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**16**	**20**	**26**	**32**
Ankle Pumps	●	●	●	●	●	●	●	●						
Belt calf stretch, seated HS stretch	●	●	●	●	●	●	●	●						
Heel prop for extension	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Seated heel slide series (AAROM into knee extension)	Progress toward full ROM gradually ≈90° by 2 wks, ≈120° by 6 wks, ≈ Full ROM by 10-12 wks													
Quad strength progressions	0° ISO, SLR, TKE			Add ISOs in KF			90-45° PRE progressions as tolerated							
Hamstring strength progressions	ISOs			Progression of hip & knee based PREs										
Bridging progressions	Knees in extension over ball					Flexed knee bridge progressions								
SLR x 3 directions (ADD, ABD, Ext)			●	●	●	●	●	●	●					
Band resisted ankle motions			●	●	●	●	●	●	●					
Cardiovascular Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**16**	**20**	**26**	**32**
Stationary Bike	NO			ROM only, light pedal pressure						Progress gradually				
Swimming (flutter kick)	TTWB									●	●	●	●	●
Treadmill walking											●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**16**	**20**	**26**	**32**
50% BW weight shifting						●	●							
Standing 2 legged calf raises						●	●	●	●	●	●	●	●	●
Crutch weaning	TTWB							●	●	●				
Calf raises									●	●	●	●	●	●
Marching into brief SLS									●	●	●	●	●	●
SLS balance progressions										●	●	●	●	●
Leg Press (2→1 leg, shallow to start)								NO		Gradual ↑ depth, load				
Squats (2→1 leg, shallow to start)								NO			Gradual ↑ depth, load			
Shift & hold isometric over step										●	●	●	●	●
Step-up/down progressions								NO		Gradual progress				
Lunging (shallow to start)								NO			Gradual ↑ load, depth			
Band resisted directional stepping											●	●	●	●
High Level Activities	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**16**	**20**	**26**	**32**
Golf													●	●
Outdoor biking, hiking, snowshoeing													●	●

****NMES & BFR encouraged (per any contraindications)****

PRECAUTIONS	No resisted arc of motion quad strength x 6-8 weeks then stay in 90-45° range, keep squatting/stepping/lunging shallow x 4 months (<70°), no impact x 12 months
ABBREVIATIONS	(ISO) Isometric, (KF) knee flexion, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension