

**PHYSICAL THERAPY PROTOCOL: ACI of Patella/Trochlea Without AMZ**

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Signed: \_\_\_\_\_

**Frequency: 2-3 times per week x 12 weeks**

**Phase 1 → 0-6 Weeks Post-Op**

Weight Bearing:

- Full weight bearing with brace

Brace:

- 0-1 weeks: Locked in full extension at all times
- Off for CPM and exercise only
- 1-4 weeks: unlocked and worn daytime only
- d/c when can SLR without extension lag

Range of Motion:

- 0-6 weeks: use CPM for 6 hours/day, beginning 0 to 30 degrees for 0-2 weeks
- 2-4 weeks: 0 to 60 degrees
- 4-6 weeks: 0 to 90 degrees

Exercises:

- 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45 degrees at home
- 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core

**Phase 2 → 6-8 Weeks Post-Op**

- full weight bearing without brace
- full range of motion
- advance phase 1 exercises

**Phase 3 → 8-12 Weeks Post-Op**

Exercises:

- Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike
- Begin unilateral stance activities, balance training

**Phase 4 → 12 Weeks-6 Months Post-Op**

Exercises:

- Advance Phase 3 exercises; max core/glutes, pelvic stability work, eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated

**Phase 5 → 6-12 Months Post-Op**

Exercises:

- Advance functional activity
- Return to sport and impact activity when cleared by MD around 8 months