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REHABILITATION PROTOCOL – MACI PATELLA/TROCHLEA

Phase I (0-6 weeks)

Weight-Bearing: full weight-bearing with brace

Brace:

- Weeks 0-2: locked in extension for sleeping and all activity (off for CPM)
- Weeks 2-6: locked in extension for ambulation; off without ambulation

Passive ROM:

- Weeks 0-2: 0-30° with CPM
- Weeks 2-4: 0-60°
- Weeks 4-6: 0-90°

Exercises:

- Weeks 0-2: quad sets, patellar mobilization, straight leg raises, ankle pumps
- Weeks 2-6: patella mobilization, quad/hamstring/gluteal sets, SLRs, side-lying hip, core

Phase II (6-8 weeks)

Weight-Bearing: as tolerated

Brace: 0-90° while weight bearing

ROM: full

Exercises: continue as above (avoid squats, lunges, low chairs)

Phase III (8-12 weeks)

Weight Bearing: as tolerated

Brace: none

ROM: full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Proprioception exercises (unilateral stance, balance)

Phase IV (12-26 weeks – only advance to Phase IV if no swelling and full ROM):

Weight Bearing: as tolerated

Brace: none

ROM: full

Exercises:

- Continue as above
- Eccentric hamstring, gluteal strength; maximize core/gluteal strength
- Elliptical, stationary bike, pool
- After 30 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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