

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**DIAGNOSIS ( LEFT / RIGHT ) CARTILAGE REPAIR (MICROFRACTURE / OATS / ALLOGRAFT OATS)  
(MEDIAL FEMORAL CONDYLE / LATERAL FEMORAL CONDYLE / TROCHLEA / PATELLA)**

**DATE OF SURGERY** \_\_\_\_\_

### PHYSICAL THERAPY PRESCRIPTION

#### PHASE 1 EARLY 0-6 WEEKS

**\*\*Knee brace** thru 6 weeks

**\*\*Non-weightbearing with crutches** x6 weeks (TTWB ok for patella/trochlea)

**\*\*CPM** ~ 3-4 hours daily x6 weeks, start 0-60 degrees post-op, progress to 110 degrees by 6 weeks, and full ROM by 12 weeks post-op.

ROM Exercises: Week 0 - 6: 0-110 degrees  
(goal 90 degrees flexion by week 3, 110 degrees by week 6)

Isometric quad sets and SLR:           --start immediately post-op  
  --wear knee brace during SLR  
  --may apply e-stim for poor quad function

Pre Progression – Emphasize VMO Strengthening

- Multiple angle isometrics
- Eccentric closed chain isotonic
- Concentric closed chain isotonic
- Eccentric open chain isokinetics (performed in 90-30 deg arc)
- Concentric open chain isokinetics, submaximal
- Eccentric open chain isotonic
- Concentric open chain isotonic, submaximal
- Concentric open chain isotonic, maximal

- Gentle multi-directional patella mobilization immediately after surgery
- Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions 2-3 weeks post-op
- Hamstring/adductor/abductor/quadriceps/Achilles stretching
- Whirlpool therapy if available at 2-3 weeks post-op to enhance motion
- Stationary bicycle with no resistance once 90 degrees knee flexion obtained (~4 weeks)

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- Anti-inflammatory modalities as needed (US/massage/e-stim)
- Cryotherapy and compression stockings/TEDS for swelling and pain control

## PHASE 2 TRANSITIONAL PHASE

**\*\*Weight-bearing status:** use bathroom scale to progress as follows:

- week 7: PWB 1/3 body weight
- week 8: PWB 2/3 body weight
- week 9: FWB with crutches
- week 10+: crutch, cane, or no device as tolerated

ROM Exercises: continue full AROM and gentle PROM exercises  
CPM may be discontinued

- Low weight (max 10-20lbs.) open-chain leg extension and curl
  - Stationary bicycle with gradual increased tension per level of comfort
  - Continue quad sets, SLR in brace, leg curl and heel slides
  - Strengthen quads, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated
  - Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction
- Continue multi-directional patella mobilization
  - Hamstring/adductor/abductor/quadracept/Achilles stretching
  - Whirlpool therapy if available to enhance motion and quadracept/hamstring muscle control
  - E-stim for VMO/quadracept muscle re-education/biofeedback as needed
  - Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
  - Activity level should be modified if increased pain, catching, or swelling occurs

## **PHASE 3: REMODELING PHASE 13 WEEKS+**

**\*\*Weight-bearing status:** full weight-bearing as tolerated with crutch or cane as needed/pain allows

ROM Exercises: continue full AROM and gentle PROM exercises  
CPM may be discontinued

### **Therex**

- Resisted open-chain exercise with  $\leq$  20lbs to be progressed as tolerated after 6mos
  - Closed-chain exercise to promote knee stability and proprioception through full ROM as tolerated
  - Cycling on level surfaces permitted with gradual increase in tension per level of comfort
  - Treadmill walking encouraged
  - Rollerblading permitted at 6-7 months
- Continue multi-directional patella mobilization

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- Hamstring/adductor/abductor/quadracept/Achilles stretching
  - Whirlpool therapy if available to enhance motion and quadracept/hamstring muscle control
  - E-stim for VMO/quadracept muscle re-education/biofeedback as needed
  - Gentle massage/deep friction to hamstring insertions, suprapatellar quadracepts, medial/lateral gutters, and infrapatellar regions
  - Activity level should be modified if increased pain, catching, or swelling occurs
- \*\*no pivoting sports should be started without MD clearance  
\*\*no squats, no leg presses allowed

Treatment: \_\_\_\_\_ times per week    Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_

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