

REMOVAL OF HARDWARE/BONE GRAFTING

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT
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RESTRICTIONS:

WEIGHT BEARING
PWB x 4 weeks

BRACE SETTINGS:
None

ROM:
Full ROM as tolerated

Do **NOT** rest with a pillow under your knee

QUICK TIPS

The use of ice and compression reduces need for narcotics post-op

Early emphasis on full passive extension & gentle patellar mobility

STAGE I, EARLY RECOVERY: WEEK 0 TO 4

GOAL

- + Protect hardware removal site.
- + Begin PT 3-5 days after surgery. PT 2 times per week.

MOTION

- + Patella mobilizations, flexion/extension supine wall slides, flexion/extension seated AAROM, extension mobs/manual therapy
- + Stretches – hamstrings seated with towel

THERAPEUTIC EXERCISE

- + Ankle pumps, isometric quad sets → SLR with NMES, glute sets, hamstring sets

CARDIOVASCULAR EXERCISE

- + Bike/rowing with well leg, bike with both legs no resistance (can add resistance after **2 weeks**)

OTHER

- + Keep incision and sutures dry.
- + Ice/compression, edema control

2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

STAGE II: WEEK 5 TO 8

GOAL

- + Activate quadriceps, increase muscular endurance. PT 2 times per week.

MOTION

- + Patella mobilizations, flexion/extension supine wall slides, flexion/extension seated AAROM, extension mobs/manual therapy
- + Stretches – hamstrings seated with towel → supine with towel

THERAPEUTIC EXERCISE

- + Continue ankle pumps, toe and heel raises, SLR with NMES
- + Begin squat progression (shallow → 90 deg), bridges, reverse lunge with static hold, open chain hip abduction/extension in supine or standing, balance squats, SL deadlift, leg press
- + Balance series

CARDIOVASCULAR EXERCISE

- + Bike with resistance, treadmill walking with incline (up to 7%) as tolerated, swimming with fins, elliptical, rowing, stair stepper

OTHER

- + Begin running progression (if desired) at **week 6**.
- + Single plane agility at **week 6** → progress to multi plane at **week 8**.
- + Return to sport/activity testing at 8 week follow-up appointment

8-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

FOLLOW UP:

2 weeks
 8 weeks
 3 months*
 6 months*

RETURN TO SPORT:

Return to sport should not occur until testing indicates 85% or greater results compared to uninvolved leg

Exercise testing to be performed at Dr. Logan's office at 3 and 6 months.

*Please bring athletic clothes and shoes for exercise testing

HIGH LEVEL ACTIVITIES

Outdoor biking, hiking, snowshoeing generally at 8 weeks

Skiing, basketball, tennis, football, soccer at 12 weeks → Exercise testing will ultimately determine readiness for these

STAGE III: WEEK 9 TO 16**GOAL**

- + Increase muscular strength.
- + Progression to preferred activity/sport. PT 1-2 times per week.

MOTION

- + Maintenance program

THERAPEUTIC EXERCISE

- + Continue balance series, squat progression, bridges, reverse lunge, open chain hip abduction/extension in supine or standing, balance squats, SL deadlift, leg press

CARDIOVASCULAR EXERCISE

- + Bike with resistance, Treadmill walking with incline (up to 7%), swimming with fins, elliptical, rowing, stair stepper, continue running progression, single/multi directional agility

OTHER

- + Return to sport/activity depending on results of exercise testing

3-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISE TESTING

STAGE IV: WEEK 16+**GOAL**

- + Full return to preferred activities/sport. PT bi-weekly.

MOTION

- + Maintenance program

THERAPEUTIC EXERCISE

- + Continue balance series, balance squats, reverse lunges, SL deadlift, leg press → advance with dumbbells/added resistance and/or surface variations

CARDIOVASCULAR EXERCISE

- + Bike with resistance, Treadmill walking with incline (up to 7%), swimming with fins, elliptical, rowing, stair stepper, continue running progression, single/multi directional agility

OTHER

- + Continue sports and activity progressions

6-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH FINAL EXERCISE TESTING