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ACI Trochlear Protocol:

The patient underwent Carticel Implantation of the trochlea. Their rehabilitation program will be individualized but general guidelines follow. It is important to note that patients will progress in rehab at a different pes which is dependent on lesion size, location, tissue quality, age, and concomitant procedures performed. At all times the patient should be monitored for new or increased joint line pain, effusion and symptomatic complaints. The primary goal of the rehab program is to continue to avoid deleterious forces to the graft site, including excessive compression and shear forces during exercise progression.

Phase I - Protection Phase (0-6wks): The patient will be wearing a brace at all times including nighttime and the brace will be locked at zero degrees for weight-bearing activities and nighttime. Immediate PWB (25% body wt) will be allowed so long as the brace is locked and the knee is in full extension. At the two week juncture 50% WB will be allowed with a brace in place and locked in full extension followed by 75% WB at 4 weeks with the brace locked and in full extension. Range of motion exercises should be performed 6 to 8 hours per day postoperatively with full passive knee extension allowed immediately. A CPM will be initiated beginning on day one for a total of 8 to 12 hours per day with motion from 0-40 degrees for the first 2-3 wks. CPM range of motion should be increased on a daily basis by 5-10 degrees. The CPM will be utilized for 6 weeks. Patellar mobilization should be performed 4-6 times per day. Knee flexion range of motion goal is 90 degrees by two weeks, 105 degrees by 4 weeks and 120 degrees by 6 weeks. A strengthening program will also be initiated during this timeframe.

Phase 2 - Transition Phase (6-12wks): The brace will be discontinued by week 6. FWB should be attained by 9 wks. Progressive knee flexion to 125 degrees should be attained by wk 8. Strengthening should continue per the protocol.

Phase 3 - Remodeling Phase (13-32wks): The goals during this phase are to improve muscular strength and endurance and increase functional activities and obtain 135 degrees of flexion.

Phase 4 - Maturation Phase (8-15months): Gradual return to full unrestricted functional activities.