Medium to Large Trochlear or Patellar Chondral Lesion Rehabilitation

***No quad activities x 6 weeks****

Phase 1: Maximum Protection Phase (Weeks 1-4)

Goals: Control inflammation/effusion  
Allow early healing  
Full passive knee extension  
Gradually increase knee flexion  
Independent quad. Control

Stage 1: Week 1
- Ice, compression, elevation
- Brace locked at 0 degrees for ambulation and sleeping only  
  - Brace may be unlocked during sitting etc.
- PROM (Passive 0-45)  
- Strengthening exercise:  
  - Hamstring digs  
  - SLR Extension  
  - Hip Abd/Adduction
- **Weight Bearing in Locked Brace x 6 weeks**

Stage 2: Weeks 2-4
- Continue use of ice and compression  
- Brace locked for ambulation  
- ROM Guidelines  
  - Gradually increase PROM  
  - Week 2: 0-90 degrees  
  - Week 3-6: 0-100 degrees
- Strengthening Exercises:  
  - SLR (all 4 planes)  
  - Knee Flexion only  
  - Heel Slides to 90°  
  - Begin Pool Program

Phase 2: Moderate Protection Phase (6-8 weeks)

Goals: Full PROM  
No Swelling/inflammation  
Re-establish muscle control  
Proper gait pattern
- Begin Gait Training
- Continue use of ice and compression
• Continue PROM and progress to 0-135 Degrees
• Progress strengthening exercises Phase I
  o Heel slides to full ROM
  o Long sit hamstring stretch
  o Knee extension 90-0 Degrees
  o Standing hamstring curls
• Begin Level Two agility
  o Cup walking
  o Planks
  o Bridging
  o Steamboats 4 way (involved leg down)
  o Ball roll: for, side and back (involved leg down)
  o Heel raises
• Light strengthening: Short range leg press, 4-Way hip, leg extension 90-45, Dead lifts
• Bicycle (as ROM permits)
• Pool Program
  *Avoid* twisting, deep squatting, stooping, no lunges!!! pivoting, running and deep squatting

**Phase 3: Controlled Activity Phase (9-16)**

**Goals:** Improve strength and endurance  
Maintain Full ROM  
Gradually increase applied stress

**Week 9 -11**
• Continue all strengthening exercises listed above  
• Initiate Dynamic warm-up (no lunge)  
• Initiate Form Stepping (progress from walk pace to fast step pace and no lunge)  
• Initiate light resistive hamstring curls  
• Toe calf raises  
• Progress balance training  
• Progress to Phase II strengthening program

**Week 12 –week 15**
• Continue Strengthening and stretching program  
• Continue dynamic warm-up (now can include lunges)  
• Form running: progress from fast pace walk to trot to jog pace (now include lunges)  
• Initiate treadmill for endurance (3.5mph fast walk then progress to light jog at 14 weeks)  
• Begin step ups and step downs  
• Initiate pool running
Phase 4: Return to Activity Phase (4-6 month)

Goals: Improve strength and endurance
        Prepare for unrestricted activities

Criteria to Progress to Phase 4
• Full non-painful ROM
• No pain or tenderness
• Satisfactory clinical exam

Exercises
• Continue and progress all strengthening exercises and stretching drills
• Initiate straight line running at 5 months
• Initiate controlled pivoting and cutting: 6 months
• Deep squatting permitted at 6 months
• Initiate controlled agility training: 6 months
• Initiate jumping program at 8 months: Ankle jumps, two-legged hop, two–legged jumps, single leg, etc…
• Gradually return to sport drills at : 9 months
• Non contact practice 8 months
• Full competition non contact sports 9 months
• Full competition full contact 10 to 12 months