

UCSF Physical Therapy Referral

Physical Therapy Prescription- Cartilage Repair Surgery

Evaluate and Treat per therapist plan 1-2 times/week for 20 weeks. Please contact the office for renewal as needed.

EARLY POST OP(0-2 WEEKS):

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

WB STATUS: NON WEIGHT BEARING with crutches

IF has Brace, lock in extension when up and sleeping, unlock for ROM

CPM machine 6 hours a day

Passive/Active ROM

Straight leg raise, quad isometrics

Patella mobilizations

PHASE I (2-6 WEEKS):

GOALS:

ROM to 90

Cartilage healing

Quadriceps control

Good patella mobility

EXERCISES/RESTRICTIONS:

WB STATUS NON Weightbearing

IF has Brace, lock in extension when up and sleeping, unlock for ROM

Patella mobilizations

Active/passive/AAROM

Straight leg raise and quad isometrics

CPM 6 hours/day optimally 4-6 weeks

Modalities OK

Home exercise program

PHASE II (6-12 weeks)

GOALS:

ROM to normal

Normal patellar mobility

Restore normal gait

Ascent stairs with good control

Return to normal ADL

EXERCISES/RESTRICTIONS:

AAROM exercises

Leg press-0-90 deg arc

Step-up/Step-down

Lunges and squats

Proprioception/balance program

Hip/CORE program

Stair master/elliptical

Modalities OK

Home exercise program

UCSF Orthopaedic Institute

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PHASE III (12-20 weeks)

GOALS:

Descend stairs with good control

Improve flexibility

Running at 4-5 months when cleared by MD

EXERCISES/RESTRICTIONS:

Progress squat program

Advance quad/hamstring program

Proprioception training

Agility exercises

Lower extremity stretching

Modalities

Home exercise program

PHASE IV (>20 weeks)

GOALS:

Sport specific activity

Competitive activities at 9 months

EXERCISES/RESTRICTIONS:

Continue LE strengthening/flexibility

Forward running (per MD)

Brace for sports (per MD)

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UCSF Health
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