

**Dr. Craig Chike Akoh, M.D.**  
**ACI OF PATELLA / TROCHLEA WITHOUT AMZ**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> 0-6 weeks	Full w/ brace	0-1 week: Locked in full extension at all times Off for CPM and exercise only <b>1-4 weeks:</b> Unlocked and worn daytime only Discontinue when quads can control SLR w/o extension lag	0-6 weeks: Use CPM for 6 hours/day, beginning 0-30 ° for 0-2 weeks <b>2-4 weeks:</b> 0-60 ° <b>4-6 weeks:</b> 0-90 °	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45 ° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core
<i>PHASE II</i> 6-8 weeks	Full	None	Full	Advance Phase I exercises
<i>PHASE III</i> 8-12 weeks	Full	None	Full	Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike Begin unilateral stance activities, balance training
<i>PHASE IV</i>	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings

12 weeks – 6 months				May advance to elliptical, bike, pool as tolerated
PHASE V 6-12 months	Full	None	Full	Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos