



Patellofemoral Arthroplasty with Arthrosurface

Name: _____

DOB: _____

Dr: _____ Godin

DOS: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●				
Flexion/Extension - seated	●	●	●	●	●	●	●	●				
Patella/Tendon mobilization	●	●	●	●	●	●	●	●				
Extension mobilization	●	●	●	●	●	●	●	●				
Quad series	●	●	●	●	●	●	●	●				
Hamstring sets	●	●	●	●	●	●	●	●				
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●				
Ankle pumps	●	●	●	●	●	●	●	●				
Toe and heel raises		●	●	●	●	●	●	●	●	●	●	●
Balance series			●	●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16
Bike/Rowing with well leg	●	●	●	●								
Bike with both legs - no resistance			●	●	●	●						
Bike with both legs - resistance					●	●	●	●	●	●	●	●
Aquajogging					●	●	●	●	●	●	●	●
Treadmill - walking 7% incline					●	●	●	●	●	●	●	●
Swimming with fins					●	●	●	●	●	●	●	●
Elliptical trainer							●	●	●	●	●	●
Rowing							●	●	●	●	●	●
Stair stepper											●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16
Double knee bends					●	●	●	●	●	●	●	●
Double leg bridges					●	●	●	●	●	●	●	●
Reverse lunge - static hold									●	●	●	●
Beginning cord exercises					●	●	●	●	●	●	●	●
Balance squats									●	●	●	●
Single leg deadlift									●	●	●	●
Leg press					●	●	●	●	●	●	●	●
Sports Test exercises											●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16
Golf progression							●	●	●	●	●	●
Outdoor biking, hiking, snowshoeing										●	●	●
Skiing, basketball, tennis, football, soccer												●

**ROM
RESTRICTIONS**

Full
passive/active
motion

**BRACE
SETTINGS**

Patella stabilizer
X 6 weeks
For walking

**Weight
Bearing
status**

WBAT with
crutches
x 7 days

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)