

Distal Patellar Re-alignment (Fulkerson) Protocol

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- A. 0-2 weeks post-op
 - 1. Gait: WBAT using crutches, IROM locked at 0°
 - 2. ROM work to tolerance
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Brace: IROM locked at 0° for ambulation and nocturnally
 - 5. Exercise
 - a. Frequent ROM work following active flexion / passive extension principles
 - b. Light duty quad work
 - Focus on regaining quad control
 - Q-sets, biofeedback, gentle Russian Stimulation
 - c. Ankle pumps, HS sets, seated towel gastrocnemius stretch, seated HS stretch
 - d. Medial patellar mobilization, patellar tendon mobilization
- B. 2-4 weeks post-op
 - 1. Gait: Continue WBAT with use of 2 crutches. Avoid loading knee in flexed position (i.e. squat, sit, stairs, etc.)
 - 2. Continue cryotherapy as needed and modalities as needed
 - 3. Brace: Open flexion 10° less than patient's active flexion measurement. Lock at 0° in hazardous environments
 - 4. Exercise
 - a. Introduce SLR
 - b. Progressive hip strength and SAHS
 - c. Low level balance/proprioceptive work
 - d. Cardio: Stationary Bike
- C. 4-6 weeks post-op
 - 1. Gait: Wean from AD as quad control and gait quality indicate. Avoid loading knee in flexed position (i.e. squat, sit, stairs, etc.)
 - 2. Continue cryotherapy and modalities as needed
 - 3. Brace: Continue to use and open as instructed above
 - 4. Exercise
 - a. Low level, but progressive CKC strength (i.e. minisquats, wallsits)
 - b. Low level, but progressive OKC quad work (i.e. SAQ, SLR) – reps vs wgt
 - c. Progressive balance/proprioceptive, hip and core work
 - d. Progressive non-impact cardio
- D. 6-12 weeks post-op
 - 1. Wean from brace
 - 2. Exercise
 - a. Progressive OKC, CKC, and balance/prop. work
 - b. Progressive hip and core work
 - c. Non-impact cardio: Stationary Bike→Elliptical→Stairmaster
 - d. Light, but progressive agility and footwork drills
- E. 10-12 weeks post-op: Introduce interval jog-run progression as indicated
- F. 12 weeks post-op: Progressive high level agility, plyometrics and sport specific activities