

Patellar Dislocation Protocol

- A. Phase I
 1. Gait: WBAT
 2. Regain Full ROM
 3. Protect from another instability episode (consider bracing)
 4. Frequent cryotherapy and modalities as indicated
 5. Exercise
 - a. Light duty, as tolerated, OKC and CKC quad work
 - b. Progressive hip and core work
 - c. Progressive balance/proprioceptive work
 - d. Non-impact cardio
- B. Phase II
 1. Continue cryotherapy and modalities as indicated
 2. Progressive exercise per phase 1
 3. Wean from AD and any bracing as indicated
- C. Phase III
 1. Jogging and progressive agility work
 2. Transition to sport specific activities