

Proximal Patellar Re-alignment Protocol

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- A. 0-3 weeks post-op
 1. Gait: WBAT using crutches, IROM locked at 0°
 2. Brace – IROM locked at 0° for ambulation and to sleep in
 3. ROM Restriction: 0-90°
 4. Frequent cryotherapy and modalities as indicated
 5. Exercise
 - a. Gentle ROM within restrictions: following active flexion / passive extension principles
 - b. Limited quad work to regain control: Q-sets, biofeedback, gentle russian stimulation
 - c. Other: ankle pumps, HS sets, seated towel gastroc stretch, seated HS stretch
 - d. Medial patellar mobilization
- B. 3-6 weeks post-op
 1. Gait: Continue WBAT, wean from AD if ambulating with brace on
 2. Brace
 - a. Open flexion 10° less than patient's active flexion measurement
 - b. Lock at 0° in hazardous environments
 3. ROM: Increase ROM work by 10° per week
 4. Continue frequent cryotherapy and modalities as indicated
 5. Exercise
 - a. Progressive OKC and CKC strength work within brace restrictions
 - b. Progressive hip and core work
 - c. Low level balance/proprioceptive work
 - d. Progressive non-impact cardio
- C. 6-12 weeks post-op
 1. Brace: Wean from use as physician directs
 2. ROM restrictions: To tolerance
 3. Exercise
 - a. Continue as above, VMO focused
 - b. Progressive non-impact cardio
 - c. 8-10 weeks post-op start light progressive agility and footwork drills
 - d. 10-12 weeks post-op start jog progression as physician directs
- D. 12 weeks post-op
 1. Progressive high level agility
 2. Progressive plyometrics and sport specific activities