DISTAL/PROXIMAL PATELLAR REALIGNMENT POSTOPERATIVE PROTOCOL

GENERAL GUIDELINES:

- CPM machine (if prescribed) at 0°-30° for the first few days, then increase by 5° increments every other day as tolerated until 90° is reached. Utilize CPM for at least 4-6 weeks unless otherwise instructed by M.D.
- TTTW progressing to WBAT (as indicated by the physician) with crutches in the brace for 6 weeks.
- Initially, brace should be locked at 0° and then unlocked to 60° when adequate quadriceps control is established (as determined by the physician or therapist). Unlock to 90° as tolerated at 4 weeks postop.
- Sleep with the brace locked for immobilization unless otherwise instructed by M.D.
- Keep the entire leg elevated. Do not place pillows under the knee for long periods of time.
- Utilize cryotherapy for 20 to 30 minutes every hour for pain and swelling reduction.

WEEKS 0-4

- Restore superior and medial patellar mobility.
- Restore FULL knee extension within 2 weeks (low load-long duration stretching).
- Hamstring, gastrocnemius, and ITB stretching.
- Ankle ROM/strengthening for swelling and DVT prevention.
- PROM of knee (goal of 0°-60°)
- 4-way open chain straight leg exercises once pain is under control and adequate QUAD control established. (Isometrics until able to do this).
- Focus on knee remaining locked in concentric and eccentric phase. Increase reps and hold time initially, before adding resistance. No ankle weight until extensor lag is eliminated.
- Modalities as needed for pain and swelling.
- NMES for Quadriceps activation and re-education.

WEEKS 4-8

- Increase ROM as tolerated (goal of 0°-120°)
- Continue to increase hip resistance during open chain exercises as tolerated (progress to multihip machine)
• Active Knee extension as tolerated.
• Calf raises
• May start light aquatic exercises once good Quadriceps control is established.
• Mini-squats (0-30°)
• Soft tissue mobilizations as needed for scar and myofascial restrictions.
• Isometric hamstring strengthening on a ball progressing to AROM as tolerated.
• Initiate stationary bike for range of motion without resistance.

WEEKS 8-12

• ROM as tolerated.
• PF brace if needed until adequate VMO return.
• Increase resistance with all exercises as tolerated.
• Hamstring curls to 90° with resistance as tolerated.
• Increase leg strength allow for normal gait and walking longer distances.
• Start closed chain exercises as tolerated in a protected range. (1/3 Partial Squats, proprioceptive exercises, BAPS board)
• Leg press (0°-60°) with light resistance and high repetitions. (9-12 weeks postop)
• Increase resistance with stationary bike for strength and endurance training.
• Edema control.

MONTHS 3-6

• Low impact weight program increasing intensity of strength and functional training for a gradual return to normal activities.
• Elliptical trainer.
• Core strengthening.
• Regain Quad/hamstring girth and tone.

MONTHS 6-9

• Sport specific training (if applicable).