

Physical Therapy Protocol

Patellar Realignment

Patient Checklist

Range of motion:

- **Weeks 0 – 6:**
 - NO active knee extension
 - Limit 0 – 90 degrees knee flexion
 - Emphasis on full knee extension
- **Weeks 6+:**
 - Progress to full knee flexion

Weight bearing:

- WBAT post-op with crutches for 6 weeks

Bracing:

- Bledsoe brace for first 6 weeks locked in extension
- Transition to hinged knee brace at 6 weeks post-op extension stretching during icing until full knee extension

Questions?

Orthopaedics:
(603) 650-5133

Rehabilitation Medicine:
(603) 650-3600

Phase I: 0-6 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
EMS muscle re-education	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Low load long duration knee extension stretching	●	●	●	●	●	●	●	●	●	●	●	●	●	●
P/AAROM knee flexion (limit to 90 degrees)	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Hamstring and calf stretching	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Patellar mobs	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Ankle strengthening	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Isometric quad/hamstrings/ glutes	●	●	●	●	●	●	●	●	●	●	●	●	●	●
SLR 4 ways (add resistance without lag)	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Gait Training	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Core strengthening and hip stabilization exercises	●	●	●	●	●	●	●	●	●	●	●	●	●	●

Phase II: 6-12 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Progressive knee flexion ROM stretching (PROM/AAROM)						●	●	●	●	●	●	●	●	●
Gait Training						●	●	●	●	●	●	●	●	●
Balance/ proprioception training						●	●	●	●	●	●	●	●	●
Terminal knee extension						●	●	●	●	●	●	●	●	●
Hamstring curls on physioball						●	●	●	●	●	●	●	●	●
Squat progression/leg press (up to 90 degrees)						●	●	●	●	●	●	●	●	●
Heel raises						●	●	●	●	●	●	●	●	●
Step ups						●	●	●	●	●	●	●	●	●
Aquatic pool therapy (with healed incisions)						●	●	●	●	●	●	●	●	●
Stationary biking						●	●	●	●	●	●	●	●	●
Single leg squats								●	●	●	●	●	●	●
Progression of step downs								●	●	●	●	●	●	●
Quad stretching										●	●	●	●	●

Phase III: 12-24 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Progression of previous exercise with weight											●	●	●	●
Bilateral plyometric (progress as able)											●	●	●	●
Running Progression											●	●	●	●
Low level agility drills											●	●	●	●
Sport test exercises											●	●	●	●
Unilateral plyometric												●	●	●
Multi-plane agility												●	●	●



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Patellar Realignment

Phase I: 0-6 Weeks

Goals:

- Weight Bearing:
 - ✓ WBAT (no pain) 0 - 6 weeks
- Brace use: Locked in full extension x 6 weeks
- Range of motion:
 - ✓ 0 - 90 degrees knee flexion (P/AAROM)
- Contraindications:
 - ✓ No active knee extension for the first 6 weeks

Exercises:

- Knee PROM with goal of full extension to contralateral knee
- Progressive quad strengthening

Phase II: 6-12 Weeks

Goals:

- Weight Bearing: WBAT wean from crutches as able
- Brace: transition to hinged knee sleeve at 6 week post op orthopedic follow-up
- ROM: progress to full ROM knee flexion
 - ✓ Quadriceps stretching to begin at 10 weeks

Exercises:

- Progress to CKC & OKC exercises
- Proprioceptive training

Phase III: 12+ Weeks

Goals:

- Return to sport/activity
- Expected return to sport with clearance from surgeon

Exercises:

- Gym based strengthening program
- Running progression
- Return to sport test

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