

Patellofemoral Joint Realignment Procedures Post-operative Rehabilitation Protocol

- I. 0-6 Weeks
 - a. Goals:
 - i. Control pain
 - ii. Protect fixation and soft tissue repair
 - iii. Regain quadriceps and VMO control
 - b. WBAT w/Brace locked in extension
 - c. CPM 2-3 hours/day
 - i. MPFL/Proximal Realignment: 0-60 degrees for 6 weeks
 - ii. Distal Realignment only: 0-90 degrees for 6 weeks
 - iii. Cartilage Repair: 0-30-45 degrees for 6 weeks
 - d. Heel slides following above ROM limitations
 - e. Quadriceps sets
 - i. Isometric adduction
 - ii. SLR in 4 planes w/brace locked in extension
 - f. Non weight-bearing gastroc-soleus and hamstring stretches
 - g. Resisted ankle ROM w/TheraBand's
 - h. Patellar mobilization after 1st week
 - i. Aquatic therapy w/normalization of gait starting Week #4 if available
- II. 6-8 Weeks
 - a. Goals:
 - i. Increase flexion while avoiding overstressing fixation
 - ii. Increase quadriceps/VMO control for patellar tracking
 - b. Brace
 - i. Remove when sleeping
 - ii. Unlocked with ambulation
 - c. Continue CPM to 90 degrees; discontinue with 90 degrees obtained
 - d. Heel slides with progression to full flexion
 - e. Balance and Proprioception training
 - f. SLR's without brace
 - g. Short arc quadriceps exercises in pain-free ROM
 - i. 0-20 degrees and 60-90 degrees for flexion
 - ii. Wall slides progressing to mini-squats 0-45 degrees
 - h. Weight bearing gastroc-soleus stretching
 - i. Low Resistance/high seat position stationary biking
- III. 8 Weeks-4 Months
 - a. Begin this phase when following criteria are met:
 - i. Good quad tone,
 - ii. No extension lag with SLR
 - iii. Non-antalgic gait pattern
 - iv. Good dynamic patellar control reached
 - b. Discontinue Brace with good, active control of knee
 - c. Step-up exercises
 - d. Closed kinetic chain terminal knee extension with resistive tubing or weight machine
 - e. Hamstring curls
 - f. Toe Raises
 - g. Leg press from 0-45 degrees
 - h. ROM and Proprioception continue
 - i. Moderate resistance on stationary bike
 - j. Swimming, stair climber, and elliptical for endurance

- IV. 4-6 Months
 - a. Goals:
 - i. Good quadriceps strength
 - ii. Non evidence of patellar instability
 - iii. No soft tissue complaints
 - iv. Normal gait pattern
 - b. Increase closed kinetic chain exercises
 - c. Sport-specific rehabilitation for return to sports

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