

PROXIMAL EXTENSOR (PATELLOFEMORAL) REALIGNMENT

REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

Philip A. Davidson M.D.

| | WEIGHT BEARING | BRACE | ROM | THERAPEUTIC EXERCISE |
|--|--|--------------------------------|---|--|
| PHASE I 0-2 weeks | As tolerated with crutches | Locked at 0 degrees | As tolerated | Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, straight leg raises, edema control |
| PHASE II 2-6 weeks | Gradually discontinue crutch use | Brace until full quad strength | Maintain full extension and progressive flexion | Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, stationary bike |
| PHASE III 6 weeks – 3 months | Full, without use of crutches and with a normalized gait pattern | None | Gain full and pain-free | Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead. Elliptical and Treadmill encouraged. |
| PHASE IV 3 months and beyond | Full | None | Full and pain-free | Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance |