

Distal Patellar Realignment Guidelines

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DISTAL PATELLAR REALIGNMENT GUIDELINES

PHASE I

Stage 1: 1-7 Days

Weight bearing – to tolerance with the brace locked at neutral

Range of Motion – 0 – 30 degrees. Lock brace in full extension at night.

Exercises

- Quad sets
- Side lying terminal knee extension through 30 degrees of motion
- Adductor squeezes
- Hip abduction with manual or theraband resistance above the knee
- Ankle pumps
- Sitting range of motion with assistance
- May use electrical stimulation for muscle re-education and for swelling/pain

control

Polar pack – Use constantly for first 48 hours and then start decreasing usage based on clinical findings

Stage 2: 8-14 Days

Weight bearing – to tolerance with brace opened to 60 degrees

Brace – wear locked at night. Open to 60 days during the day

Range of motion – Open brace to 60 degrees

Exercises

- Quad sets
- Side lying terminal knee extension
- Straight leg hip abduction, adduction and extension
- Ankle pumps
- Sitting Range of motion through 60 degrees with assistance
- May use electrical stimulation for muscle re-education or swelling/pain control
- Initiate patellar mobilization

Distal Patellar Realignment Guidelines

Polar pack –use base on clinical findings

Stage 3: 2 -3 weeks

Weight bearing – as tolerated with the crutches, but have the brace opened to 90 degrees.

Range of motion –Brace opened to 90 degrees during the day, but locked at night

Exercises

- As above

- Standing terminal knee extension with theraband or ball behind knee

Polar pack –use based on clinical findings. **THE KEY IS FULL ACTIVE KNEE EXTENSION**

- Continue with patellar mobilization

Stage 4: 3-6 weeks

Weight bearing – Progress to 1 crutch at 4 weeks as indicated by the patients muscle control and level of compensation. Should be off the crutches by 5 weeks.

Brace – will be discontinued as per the Physician

Exercises

- Quads sets

- Standing theraband exercises in hip abduction, extension, flexion extension

- Standing terminal knee extension with theraband for resistance

- May start leg press through 60 degrees

- May start more aggressive strengthening for lower extremities

- Bicycling, EFX, arc trainer can be utilized

- Proprioceptive exercises

- 2” step ups, step downs based on muscle control and swelling

- Continue with soft tissue/patellar mobilizations

- NO LUNGS/SQUATS

Week 6-10

Weight bearing – Full without braces or crutches depending on control

Exercises

- Continue to work on strength

- Increase agility/coordination exercises

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- Continue with proprioceptive activities
- Increase level of functional training based on desired activity levels

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