

Proximal Patellar Realignment Guidelines

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PROXIMAL 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

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

Range of motion – Open brace to 60 degrees

Exercises

- Quad sets
- Side lying terminal knee extension. Progress to straight leg raises when no extensor lag
- Standing hip abduction, adduction, extension and flexion with theraband for resistance above the knee
- Ankle pumps
- Sitting Range of motion through 60 degrees
- May use electrical stimulation for muscle re-education or swelling/pain control

Proximal Patellar Realignment Guidelines

-Initiate patellar mobilization
Polar pack –use based on clinical findings

Stage 3: 2 -3 weeks

Weight bearing – as tolerated with the crutches, but have the brace opened to 90 degrees
Progress to having the brace open through full range by the end of week 3.

Range of motion –Brace opened to 90 degrees at all times

Exercises

- As above
 - Standing terminal knee extension with theraband or ball behind knee
- Polar pack –use based on clinical findings
- Initiate bicycling when range of motion is adequate
 - Continue with patellar mobilization

Stage 4: 3-6 weeks

Weight bearing – Progress to 1 crutch at 3 weeks as indicated by the patients muscle control and level of compensation. Should be off the crutches by 4 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
- Limit degrees of motion in partial squat and lunges. Check the post-op reports, pictures and/or video for level of chondral changes which impact level of activities.

Week 6-10

Weight bearing – Full

Exercises

- Continue to work on strength
- Increase agility/coordination exercises
- Continue with proprioceptive activities
- Increase level of functional training based on desired activity levels