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PHYSICAL THERAPY: PATELLAR STABILIZATION SURGERY

NOTE FOR PATIENTS WITH TIBIAL TUBERCLE OSTEOTOMY:
- Progress along protocol with addition of hinged knee brace post-op
- Weight bear as tolerated with brace locked in extension
- After 6 weeks post op:
  - Brace unlocked to 60 degrees with good quadriceps control.
  - Wean off crutches and then out of brace weeks 6-8 as long as good quad control, flexion > 90 degrees, gait and swelling minimal

EARLY POST OP (0-2 weeks)

GOALS
Pain and swelling control

EXERCISES/RESTRICTIONS:
Crutches - weight bear as tolerated
Avoid active knee extension and straight leg raises

PHASE I (2-6 weeks)

GOALS:
Tendon healing
Pain and swelling control
ROM 0-90 by the end of 6 weeks.

EXERCISES/RESTRICTIONS:
Weight bear as tolerated
Avoid active knee extension
Avoid aggressive flexion
ROM exercises - gradually increase:
0-2 weeks: 0-30 degrees
2-4 weeks: 0-60 degrees
4-6 weeks: 0-90 degrees
Seated passive flexion
Active assisted extension
Quadriceps isometrics
Straight leg raise
Hip/CORE/ankle strengthening

Scar mobilization
Patella mobilizations - translate medially only
Modalities OK

PHASE II (6-12 weeks)
GOALS:
Improve ROM to 120
Improve quadriceps strength
Normalize gait

EXERCISES/RESTRICTIONS:
Wean off crutches as long as good quad control, motion, gait and swelling minimal
Avoid aggressive flexion ROM
A/AAROM knee flexion exercises
Continue patellar mobilization - translate medially only
Progression to regular bike
Leg press when ROM >60 deg
Initiate forward step-up program
Wall slides
Proprioception program
Modalities OK
Home exercise program

PHASE III (12-20 weeks)
GOALS:
Full knee ROM
Improve quadriceps flexibility
Return to normal ADL
Independent in home therapy

EXERCISES/RESTRICTIONS:
Knee flexion ROM
Quad/Hamstring strengthening
- Step up/step down
- Progress squat program

Advanced Proprioception
Agility training
Elliptical OK, Bike OK
Modalities
Home exercise program

PHASE IV (>20 weeks)
GOALS:

Pain Free Running
Sport-specific activity

EXERCISES/RESTRICTIONS:
Continue lower extremity strengthening
Plyometric program
Running program
Agility/sport specific program
Home exercise program