

## REHABILITATION PROTOCOL: PROXIMAL OR DISTAL PATELLA REALIGNMENT +/- MPFL RECONSTRUCTION

### ☐ Phase 1 (Day 1-5)

- Weight bearing: Partial weight bearing with crutches (approximately 50% WB)
- Hinged knee brace
  - Brace locked in extension for ambulation only (POD 1 to Week 4)
- Range of motion
  - Full passive knee extension
  - Flexion to 45° (day 1-4)
  - Flexion to 60° (day 5)
  - PROM and gentle AAROM only
- Therapeutic exercises
  - Hamstring and calf stretches

### ☐ Phase 2 (Weeks 2-4)

- Weight bearing: Progress WBAT, 2 crutches for 4 weeks
- Hinged knee brace: Ambulation only, discontinue at week 4
- Range of motion
  - PROM/AAROM exercises
  - ROM 0-75° (week 1-3)
  - ROM 0-90° (week 4)
- Therapeutic exercises
  - Closed chain extension exercises
  - Hamstring stretches, toe raises, balance exercises
  - Progress to weightbearing stretch of the gastrocnemius and soleus
  - Begin use of stationary bicycle

### ☐ Phase 3 (Weeks 6-16)

- Weight bearing: Full
- Range of motion: Full and painless
- Therapeutic exercises
  - Begin hamstring strengthening
  - Advance closed chain strengthening exercises, proprioception activities
  - Begin use of stairmaster/ elliptical
  - Can start ahead running at 12 weeks

### ☐ Phase 4 (Months 4-6)

- Continue with strengthening (quad/hamstring) and flexibility
- Range of motion: Full and painless
- Therapeutic exercises
  - Begin hamstring strengthening
  - Begin cutting exercises and sport-specific drills
  - Maintenance program for strength and endurance
  - Return to sports at 6 months