

DISTAL PATELLAR REALIGNMENT

Phase I: 0-4 weeks	Phase II: 4-8 weeks	Phase III: 8-12 weeks+
ROM: 0-90	ROM: 6 wks 0-120 6-8 weeks progress to full ROM	ROM: Full with no restrictions
WB: Brace locked for all ambulation 0-2 wks NWB 2-4 wks TTWB	WB: 4 wks Brace open for amb if good quadriceps control 4-6 wks TTWB 6-8 wks 100% WB per MD based on Xray, D/C drop lock brace, Add PF brace	WB: No restrictions Patellofemoral brace
Modalities: Cryotherapy 4x/day IFC for pain/effusion NMES quadriceps	Modalities: Cryotherapy IFC for pain/effusion NMES quadriceps	Modalities: Cryotherapy NMES quadriceps
<p>RX: Recommendations: Sapega-McClure technique: 1. Active warm-up: Bike 0-90 with no resistance 2. Heat in stretch: Prone hang 1st TERT TERT= Total End Range Time 3. Mobilization / ROM: Patellar mobs Scar tissue massage Knee extension/flexion stretches 4. Therapeutic exercises: Flexibility exercises: Hams, Gastroc-soleus Biofeedback QS with adductor squeeze, SLR Hip 4 way SLR Hamstring curls 0-90 Gastroc strengthening NWB CV conditioning, Core stability 5. Ice in stretch: 2nd TERT 6. HEP for 3rd TERT</p> <hr/> <p>Visits may be decreased if: ROM 0-90 SLR without a lag No excessive swelling</p>	<p>RX: Recommendations: Sapega-McClure technique: 1. Active warm-up: Bike 0-120 light resistance until 6 weeks then gradual loading 2. Heat in stretch: Prone hang 1st TERT 3. Mobilizations / ROM: Patellar mobs Scar tissue massage Knee extension/flexion stretches 4. Therapeutic exercises: Flexibility exercises Biofeedback QS with adductor squeeze, SLR Hip 4 way SLR Hamstring curls 0-90 4 wks sub-max M<l quad/hams at 0, 30, 60, 90 Sub-max OKC quads 0-45 gradually increasing resistance 6-8 wks CKC exercises: heel raises, leg press, wall squat w/ adductor squeeze, step-ups, OKC knee extension 0-90 CV conditioning, Core stability 5. Ice in stretch: 2nd TERT 6. HEP for 3rd TERT</p>	<p>RX: Recommendations: Sapega-McClure technique if needed (see previous) Bike with resistance Elliptical Runner / Stairmaster Flexibility exercises Biofeedback Total Leg Strengthening Hip strengthening Heel raises Hamstrings isotonic Quadriceps isotonic Isokinetic quad/hams in ROM without chondrosis CKC exercises- leg press, step-ups, lunges, squats Balance/proprioception CV conditioning, Core stability 12 wks Add impact activities if 75% strength</p> <hr/> <p>Testing: 12 wks Linea 16 wks Linea, Biodex 18-24 wks Linea, Biodex, FXN tests</p> <hr/> <p>Return to Work/Sport No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Return to Sports 4-6 months</p>