

Centers for Advanced Orthopedics

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PATELLAR REALIGNMENT W/ OSTEOTOMY REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | THERAPEUTIC EXERCISES |
|---|---|--|--|--|
| PHASE I 0 - 6 weeks | Non-weight bearing | 0 - 2 weeks: Locked in extension for sleep, ambulation, can unlock 0 - 30 degrees 2 - 4 weeks: Unlocked 0 - 60 degrees 4 - 6 weeks: Unlocked 0 - 90 degrees | 0 - 2 weeks: 0 - 30 degrees 2 - 4 weeks: 0 - 60 degrees 4 - 6 weeks: 0 - 90 degrees | Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, Straight leg raising with brace locked in extension, edema control |
| PHASE II 6 - 12 weeks | 6 - 8 weeks: Advance to weight bearing as tolerated Discontinue crutches as tolerated | 6 - 8 weeks: Unlocked 8 weeks: Discontinue use | Maintain full extension and progressive flexion | Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike |
| PHASE III 3 - 4 months | Full, without use of crutches and with a normalized gait pattern | None | Gain full and pain-free | Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead |
| PHASE IV 4 months and beyond | Full | None | Full and pain-free | Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance |

* This exercise is to be performed in a non-weight bearing position