

# NewportCare Medical Group

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## PATELLAR REALIGNMENT W/ OSTEOTOMY REHABILITATION PROTOCOL

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

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