**Physical Therapy Prescription-Patellar Instability Surgery**

Surgery: \*\*\*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Surgery Date: \*\*\*\_\_\_\_\_\_\_\_

Evaluate and Treat per therapist plan 1-2 times/week for 32 weeks/8 months. Please contact the office for renewal as needed.

EARLY POST OP (0-2 weeks)

GOALS

Pain and swelling control

EXERCISES/RESTRICTIONS:

Brace on at all times, crutches

--keep locked in extension even when sleeping except for ROM exercises within limits of brace (0-40)

50% Weight Bearing with crutches, brace locked extension

Avoid active knee extension and straight leg raises (even if brace is locked in extension)

PHASE I (2-6 weeks)

GOALS:

Tendon healing

Pain and swelling control

ROM 0-90 by the end of 6 weeks.

EXERCISES/RESTRICTIONS:

Continue with brace, crutches

50% Weight Bearing with crutches, brace locked extension

keep locked in extension even when sleeping except for ROM exercises within limits of brace

No straight leg raises with brace OFF for 6 weeks (to avoid lag and stress on patella)

No active knee extension from flexed position

no aggressive flexion

Physical Therapy

ROM exercises— gradually increase as below

0-2 weeks 0-40 degrees

2-4 weeks 0-60 degrees

4-6 weeks=0-90 degrees

Seated passive flexion

Active assisted extension

Quadriceps isometrics

Straight leg raise with brace locked out at 0

Hip/CORE/ankle strengthening

Scar mobilization

Patella mobilizations- translate medially only

Modalities—stim OK except for MPFL repair/reconstructions (patella instability surgery)

PHASE II (6-12 weeks)

GOALS:

Improve ROM to 120

Improve quadriceps strength

Normalize gait

Wean off crutches and then out of brace

EXERCISES/RESTRICTIONS:

Brace unlocked to 60 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

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

Elliptical OK, Bike OK

Modalities

Home exercise program

Advanced Proprioception

Agility training - no jumping until cleared by MD and tolerates running

No running until cleared by MD- needs healed osteotomy and good single leg squat

PHASE IV (>20 weeks)

GOALS:

Pain Free Running

Sport-specific activity

EXERCISES/RESTRICTIONS:

Continue lower extremity strengthening

Plyometric program

Running program - once cleared by MD- needs healed osteotomy and good single leg squat

Agility/sport specific program

Home exercise program