

Orthopaedic Sports Specialists, P.C.

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Arthroscopic Patella Realignment: Medial retinacular plication & Lateral Release:

POST-OP REHABILITATION

Phase I: (Day 1 to Week 3)

Controlled Motion Phase:

Active assisted and active range of motion 0-90 degrees (brace)

Brace: 0-90° open, WBAT off crutches within 7 days

Begin wean out of brace at 2-3 weeks – into patella stabilizer brace

Patient will get this brace at their first post-op appointment

Exercises:

- * Quad Sets
- * Straight leg raises
- * Hip abduction
- * Hip adduction
- * Multi-angle isometrics quad

Hamstring and calf stretches

Ice, compression, elevation

Electrical muscle stimulation

PHASE II: (Week 4-8)

Controlled Ambulation Phase

Active range of motion 0-120 degrees (Week 4-5)(with patella stabilizer brace)

Active range of motion to full unrestricted (Week 5-8 patella stabilizer brace)

Brace: Hinged open 0-90, WBAT (Crutches are prn)

Out of brace to sleep, begin to wean from brace

Discontinue crutch for ambulation (week 4)

Advance to soft patella brace

Exercises:

- * Quad Sets
- * Straight leg raises
- * Hip abduction/adduction
- * Knee extension 90-0 degrees
- * Mini squats

- * Leg press
- * Bicycle
- * Pool Exercises
- * Stretching

Continue use of electrical muscle stimulator (as needed)

Continue use of cryotherapy, compression (as needed)

PHASE III: (*Week 9-10*)

Strengthening Phase

Active range of motion 0-full (no brace at all)

Exercises:

- * Isotonic strengthening exercises
- * Knee Extension 90-40 degrees
- * Hamstring curls
- * Hip abduction/adduction
- * Hip flexion/knee flexion
- * Leg press
- * Abdominal sit-ups
- * Stretching: hamstring, gastroc, soleus
- * Bicycle
- * Nordic track

PHASE IV: (*Week 16-20*)

Advanced Phase

- * Return to functional activities gradually
- * Continue all exercises listed in Phase III