

Non-operative Patellar Dislocation Rehab Protocol

Post-op visits:

- 2w, 4w, 8w, and as needed until return to sport

Xrays:

- 2w visit

Physical therapy:

- Therapy prescription will be given at first visit.

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Restrictions:

- Brace:
 - Hinged knee Brace for 4 weeks
- Motion restrictions:
 - Follow the weekly guides in protocol
- Strengthening and weightlifting:
 - Closed chain quadriceps strengthening starts after 2 weeks
 - Open chain quadriceps strengthening starts after 4 weeks

Weeks 0-2

Brace/Crutch Use	• Brace locked in extension • May remove brace when showering • Full weight bearing with crutches and brace locked in extension (0 degrees)
Range of Motion	• Keep knee in full extension • Place pillows under heel to keep knee fully extended (okay to feel a stretch on the back of your knee)
Exercises	• No strengthening • Start Phase I Home Exercise Program – knee ○ Ok for gentle patellar mobilization without apprehension
Misc	• Ice 3-4x per day; have towel between ice and your knee • PT may start VMO electrical stimulation

Weeks 2-4

Brace/Crutch Use	• Full weight bearing allowed with brace locked at 0 degrees (full extension) • Use crutches when bearing weight • Keep brace on at all times except after showering to allow brace to dry (keep knee straight/extended)
Range of Motion	• Progress to full motion: may unlock brace when not walking

Exercises	• Start Phase III Home Exercise Program – knee ○ Phase II + single leg balance, wall squats, lunges • May start stationary or recumbent biking with low resistance • Start closed chain quadriceps exercises and open chain hamstring exercises
Misc	• Ice 3-4x per day; have a towel between ice and your knee • PT to continue VMO electrical stimulation

Weeks 4-8

Brace/Crutch Use	• Full weight bearing allowed • Wean out of brace as tolerated
Range of Motion	• Full motion allowed
Exercises	• Start open chain quadriceps exercises • Progress to running and sports specific rehab • Continue Phase III Home Exercise Program - knee
Misc	• Taping of patella per PT • Continue VMO stimulation • Proprioceptive drills with PT

Return to Sport Criteria

- General timeline: ~8-12 weeks
- Full and painless knee ROM
- ~90% strength compared to contralateral side
- No patellar apprehension with clinical tests