



# PATELLAR DISLOCATION (NON-OP) - CONSERVATIVE NON-OP PHYSICAL THERAPY PROTOCOL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Evaluate and Treat          \_\_\_\_\_ Provide patient with home program

Frequency: \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

## Weeks 1-4

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- Brace in full extension at all times, WBAT in hinged brace
- PROM 0 – 45 degrees OK in the brace with PT supervision

## Week 5

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- Supervised PT - 3 times a week (may need to adjust based on insurance)
- Gentle patellar mobilization exercises
- Emphasis full passive extension
- AAROM exercises (4-5x/ day) - no limits on ROM
- ROM goal: 0-115
- Flexion exercises PROM, AAROM, and AROM with brace off
- Stationary bike for range of motion (short crank or high seat, no resistance)
- Hamstring and calf stretching
- Mini-squats (0-45) and heel raises
- Hip strengthening - specifically external rotators
- Isotonic leg press (0 - 60 degrees)
- D/C hinged brace and advance to patellar stabilization brace if quad control
- Progressive SLR program with weights for quad strength with brace off if no extensor lag (otherwise keep brace on and locked)
- Theraband standing terminal knee extension
- Proprioceptive training bilateral stance
- Hamstring PREs
- Double leg balance on tilt boards
- 4 inch step ups
- Seated leg extension (0 to 90degrees) against gravity with no weight
- Add water exercises if desired (and all incisions are closed and sutures out)

## Weeks 6

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- Continue all exercises
- Continue ROM stretching and overpressure into extension
- Initiate retro treadmill with 3% incline (for quad control)
- Regular stationary bike if Flexion > 115
- Wall and/or ball squats
- 6 inch front step-ups
- 4 inch step downs
- SLR's - in all planes with weight
  - Goal: 0 to 125 degrees

## Weeks 7

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- Continue above exercises
- Self ROM 4-5x/day using other leg to provide ROM
- 8 inch step ups
- 4 inch step downs

- Single leg proprioceptive training
- Lateral step out with therabands
- Retro treadmill progressive inclines
- Sport cord (bungee) walking
- Increase resistance on stationary bike

### **Weeks 8**

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- Continue above exercises
- Stairmaster machine
- Brisk walking
- Progress balance and board throws
- 6 inch step downs

### **Weeks 9**

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- Bike outdoors, level surfaces only
- Start slide board
- Plyometric leg press
- 8 inch step downs

### **Weeks 10**

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- Should have normal ROM (equal to opposite knee)
- Begin resistance for open chain knee extension
- Jump down's (double stance landing)
- Progress to running program and light sport specific drills if:
  - Quad strength > 75% contralateral side
  - Active ROM 0 to > 125 degrees
  - Functional hop test >70% contralateral side
  - Swelling < 1cm at joint line
  - No pain
  - Demonstrates good control on jump down

### **Weeks 11-22**

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- If full ROM, quad strength > 80% contralateral side, functional hop test >85% contralateral side, satisfactory clinical exam: Progress to home program for running. Start backward jogging, figure 8, zigzags and lateral shuffles. Progress to hops, jumps, cuts and sports specific drills. Begin to wean from supervised therapy.
- Criteria to return to sports and to d/c brace
  - Full Active ROM
  - Quadriceps and hip external rotators strength >90% contralateral side
  - Satisfactory clinical exam
  - Functional hop test > 90% contralateral side
  - Completion of running program

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_\_\_ would \_\_\_\_\_ would not benefit from social services.

Physician Name: \_\_\_\_\_

Date: \_\_\_\_\_