



## Proximal Patellar Realignment with Osteochondral Fixation Protocol

### 0-6 weeks post op

- TTWB with brace locked in extension and crutches for first 4 weeks. Heel-toe gait
- Pain/Edema reduction
- Begin and Enhance normalization of quad recruitment
- Modalities as needed
- Brace locked at 0 at all times except for ROM ex's by ATC or PT for first month
- 0-30 for the first 2 weeks then advance 0-90 for the next 2 weeks
- Teach patient to perform Home Stretching Exercises 2 -3x's daily
- Begin patella mobilizations, scar management
- Quad sets/SLR in Brace at 0 (assist patient with this exercise until solid quad contraction developed)
- Seated calf ex's
- Teach Quad ex's for home program

### 4-6 weeks post op

- Cont. as above
- Unlock brace 0-90 degrees for ambulating
- But still non-weight bearing on leg
- Stationary Bike to increase ROM, start with high seat and progress to normal height when able, resistance as tolerated
- No weight bearing exercises at flexion angles more than 90 degrees

### 6-8 weeks post op

- OK to start WBAT with brace unlocked 0-90 degrees
- Begin weaning off crutches

### 8-10 weeks post op

- D/C brace and normalize gait mechanics
- Cont. as above
- Leg press with both legs
- Leg extensions with anti shear device or cuff weights progress weight as tolerated, keep resistance proximal

### 14 weeks post op

- Cont. as above
- May begin aquatic therapy emphasizing normal gait, marching forwards/backwards
- Treadmill walking - forwards and retro
- Closed and Open Chain Tubing ex's
- Single leg stands for balance/proprioception
- Chair/Wall squats - keep tibia perpendicular to floor

- Slide Board - start with short distance and progress as tolerated
- Cable Column ex's - retro walking, lateral stepping, NO cross over stepping or shuffling
- Standing leg curls with cuff weights or seated leg curls
- Advance strengthening for quads as tolerated

#### **24 weeks post op**

- Cont. as above
- Assessment of jogging on treadmill
- Lateral Movement supervised by ATC or PT
  - Stepping, shuffling, hopping, carioca
- Isokinetic Exercises
- Initiate plyometric program as appropriate to patient's functional goals
- If plyometric exercise intensity is high the volume must be decreased, give ample recovery time between sets
- 2-3 sessions a week preferably on weight lifting days
- Initiate sport specific activities under supervision by ATC or PT

#### **32 weeks post op**

- Cont. as above
- Emphasize strength and power development
- Running and sport specific drills under ATC or PT supervision
- Cont. strength testing monthly until patient passes then perform functional testing
- Functional testing is appropriate for people returning to advanced recreational activities or sports
- Clearance by doctor prior to return to sport