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Non-operative Patellar Dislocation Rehab

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-4 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Decrease pain and effusion ● Eliminate extensor lag ● Normal gait mechanics ● Improve ROM ● Eliminate buckling of knee 	<p>Knee Immobilizer or hinged knee brace at 0 degrees for 2 weeks</p> <p>Patellar stabilization brace at 2 weeks</p> <p>Weightbearing as tolerated with crutches</p>	<ul style="list-style-type: none"> ● Immobilized in extension x 2 weeks ● Progress ROM as tolerated starting week 3 ● Passive and active ROM <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryotherapy/compression ● Ultrasound 	<ul style="list-style-type: none"> ● Quad sets ● SLR with assist until no lag ● Isometric sidelying abduction ● Isometric hamstring sets ● Ankle pumps <p>After knee immobilizer removed</p> <ul style="list-style-type: none"> ● Bridging with ball squeeze ● Isometric clamshells ● Knee extensions 10 degrees to 0 ● Gait training on flat
<p>Phase 2 (5-9 weeks)</p> <p>Depending on immobilization period</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● Improve strength and endurance ● Progress to full active and passive ROM 	<p>Patellar stabilization brace</p>	<ul style="list-style-type: none"> ● Begin full A/ PROM as tolerated ● PROM beyond 120 <p>Modalities:</p> <ul style="list-style-type: none"> ● Patellar mobs ● Manual assist extension/passive stretch ● Edema control 	<ul style="list-style-type: none"> ● Bike for ROM ● Leg press (bilateral, single, leg press with ball) ● Squats (wall, wall with ball squeeze, back squat, single leg) ● Forward and backward lunge ● Forward and Lateral step-ups ● Standing hip flexion, abduction, extension ● Wobble board/Dyna-disc/Bosu balance ● Dynamic proprioception beginning 6 weeks (agility, hopping)

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<p>Phase 3 (8-12weeks) depending on progress</p> <p>Goals:</p> <ul style="list-style-type: none">• Return to strength training• Improve muscular power and endurance• Ensure proper impact mechanics for hopping/jumping	<p>Maintain ROM</p> <p>Patellar stabilization for athletic activities</p>	<ul style="list-style-type: none">• Full A/PROM <p>Manual:</p> <ul style="list-style-type: none">• Joint mobs PRN for full flex and ext ROM• Patellar mobs/ Scar STM with extractor <p>Modalities:</p> <ul style="list-style-type: none">• Ice/stim PRN	<ul style="list-style-type: none">• Bike, elliptical, stair master• Can begin running progression• Plyometrics: box jump up, even ground jumps, even ground hops, drop jumps, drop hops, depth jumps• Power movements: power clean, snatch, med ball slam variations, push press, banded jumps
<p>Phase 4 (12+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Change of direction drills and sports preparation• Develop individualized maintenance program	<p>Continue patellar stabilization brace for athletic activities</p>	<ul style="list-style-type: none">• Full A/PROM	<ul style="list-style-type: none">• Continue everything in phase 3• Lower body strength and plyos• Cutting, pivoting• Lateral shuffle drills• Cone drills ("M", "X", and box pattern)• Hurdles• Shuttle drills•