

## Distal Patellar Realignment Protocol

**Dr. Troy Berg**

**Chippewa Valley Orthopedics & Sports Medicine**

1200 OakLeaf Way, Suite A

Altoona, WI 54720

757 Lakeland Drive, Suite B

Chippewa Falls, WI 54729

**Patient:** \_\_\_\_\_

**DOS:** \_\_\_\_\_

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Months 3-6
Weight Bearing	0%	0%	25%	50%	75%	100%	100%	D/C crutches	Swimming can start at week 9.
Brace Settings By MD initials	0/0	0/0	0/0	0/60	Increase brace flexion settings weekly as appropriate per patient			D/C Brace	Continue with strengthening programs working towards 80-90% of opposite side.
PROM Goal	0-60	0-70	0-90	Increase as tolerated to full range of motion				Full	
AROM Goal heelslide	0-50	0-60	0-70	Increase as tolerated to full range of motion				Full	To progress to a running program, should be cleared by MD and have functional strength of 70%. Functional Testing appropriate for jump program, agility, plyometrics and return to work or school.
PT visits/week	0	2-3	2-3	2-3	2-3	2-3	2-3	2-3	
Shower	No	With brace	No Brace	Sleep no brace					
Exercises	Quad Sets			Continue with these, increasing reps and adding resistance as tolerated, SAQ's also appropriate					
Follow MD instruction, based on x-ray.  Follow all ROM and WB restrictions with exercises.  Reviewed April 2014	SLR's with brace		No brace						
	Patellar Mobs-emphasis on tilts								
	Multi-hip isotonic								
	Ham curls AA to active to resisted								
	BAPS								
	Stationary Bike								
	Closed Kinetic Chain Exercises-TKE with overball, tubing								
	Heel Raises								
	Total Gym, Partial Squats								
	Treadmill Walking								
Dynamic Balance									
Step-ups									
Resisted Ambulation, Balance and Proprioception									
Patient should have no pain or swelling with progression of functional tasks.									
Return to high level tasks with 80-90% strength of quadriceps.									

**Any Questions? Contact Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060**