

Patellar Realignment Knee Rehabilitation Program

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Days 0-7

- Post Op Brace Locked at 0 until 1st post op visit, usually 5-7 days after surgery
- **Brace is to be worn AT ALL TIMES WHEN WEIGHT BEARING during the first 6 weeks after surgery**
- **ROM:** locked at zero for the first 7 days
- **Weight Bearing:** Toe Touch Weight bearing with crutches

Week 1

- **ROM:** 0-30 degrees
- **Weight Bearing:** Toe Touch Weight bearing

Week 2

- **ROM:** 0-60 degrees
- **Weight Bearing:** 50% Weight Bearing
- **Exercises:** Initiate very light quad exercise
 - Quad Sets
 - Ham Sets
 - Isometric Adduction
 - Heel Slides within ROM limits
 - Resisted Ankle exercises with theraband
 - Patellar mobilization
 - Seated calf and hamstring stretch

Week 3

- **ROM:** 0-90 degrees
- **Weight Bearing:** 50% Weight Bearing
- **Exercises:** **Continue Exercises from Week 2**

Week 4

- **ROM:** gradually increase ROM to within normal limits
- **Weight Bearing:** Weight Bearing as tolerated
- **Exercises:** Continue exercises
 - **Add SLR's in 4 planes in brace (locked at 0)**

Week 5

- **ROM:** gradually increase to normal
- **Weight Bearing:** Weight Bearing as tolerated
- **Exercises:** Continue with exercises from Week 4

Week 6

- **Weight Bearing:** Discharge Crutches as quad control allows
- **Begin Patellofemoral Program**
- **Exercises:**
 - **Add Standing calf raises, single leg balance, etc.**

Week 8-12

- Gradually increase weight training and exercises
- Begin Leg press at 12 weeks
- May begin multi-hip flexion, extension, abduction, adduction

***May begin running at 3-4 months post op with normal strength and ROM and CLEARANCE from Dr. Moseley**