

# Orthopaedic Sports Specialists, P.C.

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## **Patella Realignment: VMO Advancement, Lateral Release & Tibial Anterior Medialization:**

### **POST-OP REHABILITATION**

#### **Phase I:**     *(Day 1 to Week 3)*

##### ***Controlled Motion Phase:***

Active assisted range of motion 0-60 degrees (brace)

**Brace:** 30° locked, TTWB with crutches for 10 days

Then, if doing well, brace 0-30 open WBAT with one crutch

##### **Exercises:**

- ∞ Quad Sets
- ∞ Straight leg raises
- ∞ Hip abduction
- ∞ Hip adduction
- ∞ Multi-angle isometrics quad

Hamstring and calf stretches

Ice, compression, elevation

Electrical muscle stimulation

#### **PHASE II:**     *(Week 4-8)*

##### ***Controlled Ambulation Phase***

Active range of motion 0-90 degrees (Week 4-5)(without brace)

Active range of motion 0-120 degrees (Week 5-8)(without brace)

**Brace:** Hinged open 0-60, WBAT (Crutches are prn)

Out of brace to sleep

Discontinue crutch for ambulation (week 6)

##### **Exercises:**

- ∞ Quad Sets
- ∞ Straight leg raises
- ∞ Hip abduction/adduction
- ∞ Knee extension 90-40 degrees
- ∞ Mini squats
- ∞ Leg press

- ∞ Bicycle
- ∞ Pool Exercises
- ∞ Stretching

Continue use of electrical muscle stimulator (as needed)

Continue use of cryotherapy, compression (as needed)

**PHASE III:**    (*Week 9-10*)

***Strengthening Phase***

Active range of motion 0-125 (without brace)

***Exercises:***

- ∞ Isotonic strengthening exercises
- ∞ Knee Extension 90-40 degrees
- ∞ Hamstring curls
- ∞ Hip abduction/adduction
- ∞ Hip flexion/extension
- ∞ Leg press
- ∞ Abdominal sit-ups
- ∞ Stretching: hamstring, gastroc, soleus
- ∞ Bicycle
- ∞ Nordic track

**PHASE IV:**    (*Week 16-20*)

***Advanced Phase***

- ∞ Return to functional activities gradually
- ∞ Continue all exercises listed in Phase III