**Non-Operative Treatment of Patellar Dislocation**

**Rehabilitation Protocol**

**Phase 1 – Maximum Protection (Wks 0-6)**

**0-4 Weeks:**

• Brace locked in full extension for 6 weeks

• Partial weight bearing for 2 weeks

• Ice and modalities to reduce pain and inflammation

• Range of motion – none

• Begin submaximal quadriceps setting

• Begin straight leg raising progression as tolerated

• Blood Flow Restriction Therapy to build/maintain muscle mass and activate quad

• Lower extremity stretching – hamstrings and calf

**Weeks 2-4:**

• Weight bearing as tolerated; progressing off of crutches

• Continue with inflammation control

• Soft tissue mobilization quad, ITB, calf, hamstrings, gluts

• Range of motion – none

• Implement open and closed chain multi-plane hip strengthening

• Core strengthening and lower extremity stretching program

**Weeks 4-6:**

• Full weight bearing

• Patellar stabilizer brace under brace

• Range of motion and brace setting:

• 0\* to 30\* week 4 (both passive and active)

• 60\* week 5

• 90\* week 6

• Full following week 6

**Phase 2 – Progressive ROM and Early Strengthening (Wks 6-12)**

**Weeks 6-8**

• Gradually progress to full range of motion

• Normalize gait

• Foam roller and soft tissue mobilization

• Begin bilateral closed chain progression with stability brace – strong emphasis on alignment

• Implement gradual step-up progression

• Hip stabilization program

• Begin stationary bike

• Initiate deep and shallow water pool program

**Weeks 8-12:**

• Wean out of stabilization brace as tolerated for strengthening

• Progress bilateral and unilateral closed chain program

• Add basic gym program (leg press and hamstring curls)

• Increase intensity on stationary bike

• Add treadmill walking program and elliptical as tolerated

**Phase 3 – Progressive Strengthening (Wks 12-16)**

• Advance closed kinetic chain and gym strengthening

• Begin impact and plyometric progressions

• Increase intensity on bike, treadmill, and elliptical trainer

**Phase 4 –Advanced Strengthening & Return to Sport (Wks 16-20)**

• Liner running progression progressing to multidirectional as tolerated

• Bilateral progressing to unilateral plyometric progression

• Sports test for full clearance Revised

• Flexion – continue with end range heel slides

• Bilateral squat progression – focus on proper alignment

• Multi-plane open and closed kinetic chain hip strengthening

• Step-up progression – focus on proper alignment

• Hamstring activation with bridge on floor, ball or box

• Progress to unilateral heel raise off the floor then off a step

• Proprioception drills

**Cardiovascular Exercise**

• Stationary biking

• Treadmill/outdoor walking with focus on proper gait mechanics

**Recommended Loading**

• ROM: 2-3x/day

• Strength: 1x/day open chain; 3x/week closed chain

• Cardiovascular: 20 minutes/day with low intensity

**RETURN TO ACTIVITIES**

Running: 4-5 months when functional criteria are met

Golf: Short irons at 4 months, full swing with long irons at 5 months.

Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically

6+ months at earliest