



# TEXAS SPORTS & JOINT CLINIC

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## Patellar realignment soft tissue

### First 7-10 days

- 1) Keep knee immobilizer on until return to clinic. May remove knee immobilizer for exercises.
- 2) Use crutches for partial weight bearing.
- 3) Change dressing on second day after surgery and replace with dry dressing. Leave tape/steri-strips on the skin and do not remove unless they fall off on their own.
- 4) Perform calf pumps, straight leg raises, heel slides, and quadriceps sets three times each day (10-20 repetitions each time).
- 5) Use ice pack/cryocuff at least 3 times each day for 15 minutes each time to reduce swelling and pain
- 6) Keep wound/dressings dry. No showers for 7 days and no baths for three weeks
- 7) Pain medication and anti-inflammatory (usually Naprosyn) will be prescribed.

### 1 week to 6 weeks

#### **At first clinic visit:**

- 1) May stop using crutches and bear weight with the immobilizer on.
- 2) Gradually discontinue immobilizer by 3 to 4 weeks after surgery as strength and comfort allow.
- 3) Sutures will be removed if necessary but often they are buried under the skin. No baths or pools for 3 weeks after surgery.
- 4) Do not need to wear dressing if wound is dry.
- 5) Steri-strips will fall off on their own. If they do not fall off, pull them off gradually by two weeks after surgery.

#### **PT goals (Range of motion):**

- 1) Full symmetric extension by 2 weeks. Notify my office if not achieved.
- 2) 90-100 degrees of flexion by 3-4 weeks and full flexion by 6-8 weeks.
- 4) Swelling control.
- 5) Quadriceps and VMO strengthening.
- 6) Gait training.

#### **Exercises:**

- 1) Quadriceps sets
- 2) Straight leg raises
- 3) Prone knee flexion/extension
- 4) Heel slides
- 5) Sitting knee flexion
- 6) Hamstring activation closed or open chain depending on comfort
- 7) When range of motion allow, may be on a stationary bike with little to no resistance

### 6 weeks to 12 weeks

#### **6 week clinic visit:**

- 1) Knee should be fully extended.
- 2) Should be able to walk with little or no limp.
- 3) Swelling should be almost absent.

**PT goals (Improve ROM, advance strengthening with closed and open chain exercises):**

- 1) Obtain full knee flexion by 6 weeks
- 2) Quadriceps strengthening
- 3) Hamstring strengthening
- 4) Calf strengthening

Exercises:

- 1) Wall slides and mini-squats to 45 degrees (closed chain 0-45)
- 2) Open and closed chain quadriceps exercises with increasing weights
- 3) Open and closed chain hamstring exercises with increasing weights
- 4) Toes raises, step ups

At 6 weeks:

- 1) Continue stationary bike with increasing resistance. May use treadmill with an incline and elliptical trainer
- 2) Swimming (free style stroke and backstroke only; avoid heavy kicking strokes)
- 3) Once comfortable with the above, may start jogging.

3 to 5 months

PT goals:

- 1) Continue all previous exercises to progress to full strength of quadriceps and hamstrings. May participate in any weightlifting activity that is not painful.

Exercises:

- 1) Begin with sport-specific exercises and cutting maneuvers and progress to playing full sport over 1-6 weeks using a patellar cutout brace.

Goals:

- 1) Return to full sport.

Additional instructions:

If right leg is operative leg, may not drive automatic transmission vehicle for 2-4 weeks.

If left leg is operative leg, may drive automatic transmission vehicle after have stopped using narcotic pain medication.

May return to sedentary desk work or school in 3-5 days.

May return to work requiring standing gradually over 3-4 weeks.

May return to heavy labor in 3-4 months.

Duration and frequency of PT:

For week 1-7 (12 visits): supervised 2x/week. Perform exercises on your own 5-7 days/week

For week 7-13 (12 visits): supervised 2x/week. Perform exercises on your own 3-5 days/week

For weeks 12-24 (0-3 visits): supervised 1x/ month (if needed). Perform exercises on your own 3-5 days/week