

**PATELLAR REALIGNMENT W/ OSTEOTOMY  
 REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> 0 - 6 weeks	Non-weight bearing	<p><b>0 - 2 weeks:</b> Locked in extension for sleep, ambulation, can unlock 0 - 30 degrees</p> <p><b>2 - 4 weeks:</b> Unlocked 0 - 60 degrees</p> <p><b>4 - 6 weeks:</b> Unlocked 0 - 90 degrees</p>	<p><b>0 - 2 weeks:</b> 0 - 30 degrees</p> <p><b>2 - 4 weeks:</b> 0 - 60 degrees</p> <p><b>4 - 6 weeks:</b> 0 - 90 degrees</p>	<p>Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*,</p> <p>Straight leg raising with brace locked in extension, edema control</p>
<b>PHASE II</b> 6 - 12 weeks	<p><b>6 - 8 weeks:</b> Advance to weight bearing as tolerated Discontinue crutches as tolerated</p>	<p><b>6 - 8 weeks:</b> Unlocked</p> <p><b>8 weeks:</b> Discontinue use</p>	<p>Maintain full extension and progressive flexion</p>	<p>Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike</p>
<b>PHASE III</b> 3 - 4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	<p>Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead</p>
<b>PHASE IV</b> 4 months and beyond	Full	None	Full and pain-free	<p>Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Gradual return to sports participation, maintenance program for strength and endurance</p>

\* This exercise is to be performed in a non-weight bearing position