



Patella Realignment

ROM Restrictions: ____ ext. to ____ flex.

Brace Settings: ____ ext. to ____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

Phase I Exercises

Initial Strengthen and Stretch

- First week no motion then Passive Range of motion 0-45 degrees for 4 weeks
- Begin active and passive range to increase slowly to full range of motion over next 3 weeks
- Quad sets and SLR's
- Ham sets
- 1/3 knee bends begin after 6 weeks
- Medial patella mobs
- Toe and heel raises
- Sit and reach for hamstrings
- Stork stand for quad begin at 7 weeks

Initial Cardiovascular

- Bike with single leg week 1
- Bike with both legs without resistance after 3 weeks
- Aquajog after 4 weeks
- Swim with fins after 6 weeks
- Elliptical trainer after 8 weeks with low incline
- Stair stepper after 3 months
- Treadmill walking pace progress to 7-12% grade after 6 weeks

Phase II Exercises

Sport Cord

- Double knee bends after 6 weeks
- Carpet drags after 6 weeks
- Gas pedal after 6 weeks
- Forward and backward jog at 10 weeks
- Single knee bends at 3 months

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Phase III Exercises

Weight Training

- Begin at 8 weeks
 - Leg press to 90 degrees
 - Leg curls
 - Ab/adduction
 - Balance squats
 - Mini squats with bar
- *no leg extensions or lunges

Phase IV

High Level Activity

- Outdoor biking at 4 months
- Basketball/skiing/tennis/football at 5 to 6 months