

## Accelerated Distal Patellar Realignment Protocol

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**Patient:** \_\_\_\_\_

**DOS:** \_\_\_\_\_

	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7-8	Months 3-6	
Weight Bearing	25%	25%	25-50%	50-100%	100%	D/C crutches			Swimming can start At week 9.	
Brace Setting	0/0	0/0	0/60	0/90*	Increase brace flexion settings weekly as appropriate per patient			D/C Brace	Continue with strengthening programs working towards 80-90% of opposite side.	
PROM Goal	0-60	0-90	Increase as tolerated to full range of motion					Full		
AROM Goal heelslide	0-50	0-90	Increase as tolerated to full range of motion					Full		
PT visits/week	0	2-3	2-3	2-3	2-3	2-3	2-3	2-3	To progress to a running program, should be cleared by MD and have functional strength of 70%. Functional Testing appropriate for jump program, agility, plyometrics and return to work or school.	
Shower	No	With brace	No Brace	Sleep no brace						
Exercises	Quad Sets		Continue with these, increasing reps and adding resistance as tolerated, SAQ's also appropriate							Patient should have no pain or swelling with progression of functional tasks.  Return to high level tasks with 80-90% strength of quadriceps.
Follow MD instruction, based on x-ray.  Follow all ROM and WB restrictions with exercises.  * Allowed with good quad control  Reviewed April 2014	SLR's with brace		No brace*							
	Patellar Mobs-emphasis on tilts									
	Four way hip isotonic			Multi-hip Machine						
	Ham curls AA.....to active..... to resisted									
	Bike		BAPS							
	Closed Kinetic Chain Exercises-TKE with overball, tubing									
	Heel Raises									
	Total Gym, Partial Squats 0-45°									
	Treadmill Walking									
	Dynamic Balance									
Step-ups and Lunges										
Leg Press										
Wall sits 0-60°										
Resisted Ambulation Balance & Proprioception										

**Any Questions? Please contact Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060**