

# Non Op Patella Dislocation Drew Ratner MD

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**PRISMA**  
HEALTH<sup>SM</sup>

## **Phase I 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
- 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 II 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 III – Progressive Strengthening (Wks 12-16)**

### **Guidelines**

- Advance closed kinetic chain and gym strengthening
- Begin impact and plyometric progressions
- Increase intensity on bike, treadmill, and elliptical trainer

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

### **Guidelines**

- Linear 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