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**PATELLAR REALIGNMENT WITH OSTEOTOMY FOR PATELLAR INSTABILITY
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM**	THERAPEUTIC EXERCISE
PHASE I 0-6 weeks	Non-weight bearing	0-2 weeks: locked in full extension for ambulation and sleeping; can unlock 0-30° 2-4 weeks: unlocked 0-60° 4-6 weeks: unlocked 0-90°	0-2 weeks: 0-30° 2-4 weeks: 0-60° 4-6 weeks: 0-90°	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, straight leg raises with brace locked in full extension, edema control
PHASE II 6-12 weeks	6-8 weeks: advance to weight bearing as tolerated Discontinue crutches as tolerated	6-8 weeks: unlocked 8 weeks: discontinue use	Maintain full extension and progressive flexion	Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
PHASE III 3-4 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead
PHASE IV 4 months and beyond	Full	None	Full and pain-free	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

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

**In cases of realignment for patellar cartilage defects, CPM and full motion may be allowed