



**DISTAL PATELLAR REALIGNMENT  
FULKERSON / ELMSLIE-TRILLAT  
REHABILITATION PROTOCOL**

**Week 0 - 2**

- PWB 40 - 60lbs with crutches
- Knee immobilizer full time. Shower, getting wound wet, when ok by MD, typically one week post op.
- Quad sets and ankle pumps 4 times daily. NO SLR.
- Well leg stationary bicycle, and or upper extremity ergometer / aerobic program.

**Week 3 - 4**

- D/C KNEE IMMOBILIZER after two weeks post op.
- ROM: active flexion, active assistive extension.
- Crutch use full time with PWB 80-100 lbs.
- Review foot and ankle mobility and mechanics.

**Week 5 - 8**

- Start formal P.T.
- Closed chain strengthening quads. SLR, patellar mobs.
- Open chain strengthening hams.
- D/C crutches after week 4
- Incorporate hip mobility and LE control exercises.

**Week 9 - 12**

- Open chain quads and hams, use McConnell taping techniques and / or cartilage retraining if patellofemoral pain present.

**Week 13 - 24**

- Independent or home exercise program three times per week.
- Return to sports on ok from MD.

Updated 1/2020