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## 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 2/2016