

Dr. Craig Chike Akoh, M.D.
Non-operative Patellar Dislocation
Rehabilitation Protocol

	ROM/WEIGHT BEARING	BRACE	EXERCISES/STRENGTH
<i>0-2 weeks</i>	PROM 0-45° Crutch use until patient has good quad control and is able to ambulate with normal gait pattern	PTO may remove at night	<ul style="list-style-type: none"> ■ Supine straight leg raise (SLR) with minimal to no pain ■ Ankle pumps if edema is present ■ Isometric hamstrings
<i>2-6 weeks</i>	Should have full pain free ROM Full WB	PTO may remove at night	<ul style="list-style-type: none"> • supine SLR and add • adduction and abduction SLRs • Toe raises with equal weight bearing • Closed kinetic chain exercises • Low-level endurance and pool exercises • Hamstring and calf stretching • Progress to running program and light sport specific drills if: Quad strength > 75% contralateral side Active ROM 0 to > 125 degrees
<i>6-12 weeks</i>	Full ROM Full WB	Discontinue brace	<ul style="list-style-type: none"> • Four-way hip exercises • Pool therapy – walking with progression to running • Sport and skill-specific training • Proprioceptive training • Patient education

- Return to sport once cleared by M.D.

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.