

Patellar Realignment Protocol/TTO with Patellar Osteochondral Allograft

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Week 0-2:

Restrictions: No SLR, weight on a flexed knee, or active extension exercises. Brace on at all times during day and while sleeping, apart from therapy or CPM.

Weight bearing: TTWB with hinged knee brace locked in extension

Motion: 0-30 assisted knee flexion, quad sets, ankle pumps

CPM: Progress as tolerated if patient has one

Strength: None at this time

Weeks 2-6:

Restrictions: No SLR, weight on a flexed knee, or active extension exercises. Brace can be off at night.

Weight bearing: TTWB in hinged brace locked in extension

Motion: Maintain full extension and progress flexion to full as tolerated by patient, Quad sets

Strength: None

Weeks 6-12:

Restrictions: Avoid overload in patellofemoral joint, closed chain to 30 degrees only. May discontinue brace.

Weight bearing: advance 25% weekly to FWB as tolerated with normalized gait pattern

Motion: Full ROM, active stretching, stationary bike

Strength: Progressive leg lifts, walking, hip/core

Months 3-4:

Restrictions: Avoid overload in patellofemoral joint

Motion: Can incorporate additional aerobic exercises

Strength: Progress, walk/jog intervals, functional balance, core, glutes

Months 4-5:

Progress running and agility training

Months 6+:

Return to sport after cleared by surgeon