



## JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

[WWW.JRRUDZKIMD.COM](http://WWW.JRRUDZKIMD.COM)

### POST-OPERATIVE PHYSICAL THERAPY PRESCRIPTION

#### K STREET/DOWNTOWN

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2021 K St NW, Suite 516

Washington, DC 20006

#### CHEVY CHASE

Phone: 301-657-1996

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5215 Loughboro Rd NW

Suite 200

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**Diagnosis: Patellar Instability Rehab Protocol- PROXIMAL / DISTAL / PROXIMAL & DISTAL**

**PROXIMAL - DISTAL REALIGNMENT / MPFL RECONSTRUCTION / VMO ADVANCEMENT:**

**PHASE I:** (4 weeks)

RANGE OF MOTION: (passive)

0 to 70° by day 14

0-90° by day 21

0-120° by day 42

0-135° by day 56

RANGE OF MOTION: (active)

Distal repair: active extension starts at 6-7 weeks after clearance from MD at f/u visit

WEIGHT BEARING: Tubercle Osteotomy: TTWB x 4

Begin 25% PWB at 4 wks, increase slowly by 20-25% per week

FWB by 6-8 wks

MODALITIES:

Cryotherapy

Light EMS at 3-4 weeks if necessary

EXERCISES:

PROM

Quad, Hamstring, Gluteal Isometrics

**PHASE II:** (3 months)

ROM should be at least 120°

WEIGHT BEARING

Expect to be full with crutches at 6-8 wks, progress off of crutches as tolerated

Emphasis on normal gait pattern

MODALITIES

Cryotherapy/EMS to quads as indicated



EXERCISES

Supine SLR at 5-6 weeks

Isometric Multi Angled Quad Sets

Closed chain exercises in accordance with weightbearing status

Balance Coordination activities

STRENGTH TESTING

Isometric strength testing at 60° at 14 weeks

PHASE III: >3 months

ROM full

WEIGHTBEARING full

MODALITIES cryotherapy

STRENGTH TESTING continue testing until patient reaches torque/body weight goals

EXERCISES

Begin plyometrics

Light jogging

Continue closed chain balance activities

Sport specific functional progression

RETURN TO SPORTS @ 4 MONTHS

Completion of functional progression

Torque/body weight ratios per goals set

Return to sports at 4-5 months.

***Please send progress notes***

Physician: \_\_\_\_\_ Signature: \_\_\_\_\_

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