

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute
Physical Therapy Prescription-Patellar Instability Surgery

Surgery: Tibial tubercle osteotomy (Fulkerson) and MPFL reconstruction
Surgery Date: ***

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 weeks)

GOALS

Pain and swelling control

EXERCISES/RESTRICTIONS:

Brace on at all times, crutches

--keep locked in extension even when sleeping except for ROM exercises within limits of brace (0-30)

Non weight bearing

Avoid active knee extension and straight leg raises

PHASE I (2-6 weeks)

GOALS:

Tendon healing

Pain and swelling control

ROM 0-90 by the end of 6 weeks.

EXERCISES/RESTRICTIONS:

Continue with brace, crutches

Non weight bearing

Keep locked in extension even when sleeping except for ROM exercises within limits of brace

Avoid aggressive flexion

Physical Therapy

ROM exercises— gradually increase

0-2 weeks 0-30 degrees

2-4 weeks 0-60 degrees

4-6 weeks 0-90 degrees

Seated passive flexion

Active assisted extension

Quadriceps isometrics

Straight leg raise with brace locked out at 0

Hip/CORE/ankle strengthening

Scar mobilization

Patella mobilizations- translate medially only

Modalities— no stim

PHASE II (6-12 weeks)

GOALS:

Improve ROM to 120

Improve quadriceps strength

Normalize gait

Wean off crutches and then out of brace

UCSF Orthopaedic Institute

1500 Owens Street Ste 170 | San Francisco, CA 94158

Phone: 415-353-2808 | Fax: 415-353-7593 | orthosurg.ucsf.edu

EXERCISES/RESTRICTIONS:

Brace unlocked to 60 with good quadriceps control.

Wean off crutches and then out of brace weeks 6-8 as long as good quad control, motion, gait and swelling minimal

Avoid aggressive flexion ROM

A/AAROM knee flexion exercises

Continue patellar mobilization - translate medially only

Progression to regular bike

Leg press when ROM >60 deg

Initiate forward step-up program

Wall slides

Proprioception program

Modalities OK

Home exercise program

PHASE III (12-20 weeks)**GOALS:**

Full knee ROM

Improve quadriceps flexibility

Return to normal ADL

Independent in home therapy

EXERCISES/RESTRICTIONS:

Knee flexion ROM

Quad/Hamstring strengthening

-step up/step down

-progress squat program

Advanced Proprioception

Agility training

Elliptical OK, Bike OK

Modalities

Home exercise program

PHASE IV (>20 weeks)**GOALS:**

Pain Free Running

Sport-specific activity

Return to contact sports 6+ months

EXERCISES/RESTRICTIONS:

Continue lower extremity strengthening

Plyometric program

Running program

Agility/sport specific program

Home exercise program

UCSF Orthopaedic Institute

1500 Owens Street, #201

San Francisco, CA 94158

Ph: 415.353.7566 Fax: 415.885.3838