



ColumbiaDoctors

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Rehabilitation prescription for:

label

Dr. Redler's PT Protocol: Extensor Realignment

Diagnosis: R L Patella Alta/Quad Contracture	
Procedure date:	S/P: R L ☐ Quadriceps Lengthening ☐ Patellar Tendon Imbrication
Eval & Treat: 2x/week x 12 weeks	☐ Medial Imbrication ☐ Lateral Release ☐ Lateral lengthening

	WEEK										MONTH			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
PHASE 1 EXERCISES														
Sitting AAROM flexion, PROM extension	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Quad sets with towel under heel	•	•	•	•	•	•	•	•	•	•				
Hamstring sets	•	•	•	•	•	•	•	•	•	•				
Patella Mobs (Medial ONLY)	•	•	•	•	•	•	•	•	•	•				
Straight leg raises - focus on VMO			•	•	•	•	•	•	•	•	•	•	•	•
Toe and Heel Raises			•	•	•	•	•	•	•	•	•	•	•	•
Wall slides					•	•	•	•	•	•				
MUSCLE STRETCHES														
Sit and Reach for Hamstrings			•	•	•	•	•	•	•	•	•	•	•	•
Lying Rectus			•	•	•	•	•	•	•	•	•	•	•	•
Runners stretch for calf and achilles			•	•	•	•	•	•	•	•	•	•	•	•
Supine quad stretch over side of table			•	•	•	•	•	•	•	•	•	•	•	•
CARDIOVASCULAR EXERCISES														
Stationary bike - high seat, low resistance					•	•								
Stationary bike - normal settings							•	•	•	•	•	•	•	•
Aquajogging						•	•	•	•	•	•	•	•	•
Rowing						•	•	•	•	•	•	•	•	•
Treadmill Walking						•	•	•	•	•	•	•	•	•
Stair Stepper								•	•	•	•	•	•	•
Elliptical trainer								•	•	•	•	•	•	•
Swimming										•	•	•	•	•
OTHER														
E-stim, EMG Biofeedback			•	•	•	•	•	•	•	•	•	•	•	•
Proprioception Training						•	•	•	•	•	•	•	•	•
PHASE 2 SPORT CORD EXERCISES														
Double Knee Bends (Knee not over foot)							•	•	•	•	•	•	•	•
Carpet Drags							•	•	•	•	•	•	•	•
Forward Backward Jogging										•	•	•	•	•
Side to side agilities										•	•	•	•	•
PHASE 3 WEIGHTS NO LUNGES														
Leg press down to 90 degrees							•	•	•	•	•	•	•	•
Leg Curls							•	•	•	•	•	•	•	•
Ab/Adduction							•	•	•	•	•	•	•	•
Knee Extension pain free arc									•	•	•	•	•	•
Balance squats									•	•	•	•	•	•
PHASE 4 HIGH LEVEL EXERCISES														
Biking Outdoors											•	•	•	•
Rollerblading											•	•	•	•
Running											•	•	•	•
Golf											•	•	•	•
Skiing, basketball, Tennis, football, soccer														•
Agility Exercises														•

***WB Status: Protected-weight bearing (PWB) with brace locked in extension, crutches weeks 0-2 post-op.

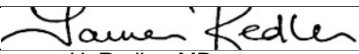
Progress to WBAT by 6 weeks.

*Brace: Hinged knee brace weeks 0-6 post-op:

Locked in extension wks 0-2, 0-40degr wks 2-4, 0-90degr wks 4-6

Additional Instructions:

Modalities PRN, assess for patellar taping benefit


Lauren H. Redler, MD

Date