

Physical Therapy Prescription for:

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Dr. Redler's PT Protocol: Non-Operative Management for Patella Instability

Diagnosis: R L Patella instability
Eval and Treat 2x/week x 12 weeks

Phase 1

WBAT

Discontinue knee brace/immobilization once quad strength permits a straight leg raise without pain
Gentle ROM active and passive (advance slowly as pain and swelling decreases)
Quad isometrics/re-education (sub-maximal)
Quad electric stimulation
Home ROM program
Cryotherapy/modalities prn
Strengthening: Proximal, Core, Hip abduction

Phase 2

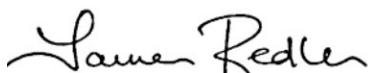
(No Running or jumping)
Quad strength in pain free arc – leg press, forward step up progression
Patella mobilization
Patella taping prn
Gait training
Treadmill
Hamstring stretching
Strengthening: Proximal, Core, Hip abduction
Balance/proprioception
Advance to open chain as strength allows

Phase 3

Advance quad VMO strengthening
Jogging (when 70% baseline strength)
Dynamic balance activities
Strengthening: Proximal, Core, Hip abduction
Endurance
Cutting and deceleration training (when 90% baseline strength)

Okay to progress rapidly

Additional Instructions: _____



Lauren H. Redler, MD

Date