



Patellar Protection Program

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

This phased program approach can be utilized for both conservative and surgical patellofemoral clients. This systematic approach allows specific goals and criteria to be met; once goals and criteria are attained, the rehabilitation can progress safely. Client compliance is critical.

Ultimate Goals of Program

- Improve functional status
- Normalize biomechanical forces
- Improve strength/power/endurance
- Decrease pain/inflammatory status

Acute Phase - Maximal Protection

- Goals:
 - Relieve pain and swelling
 - Decrease inflammation
 - Retard muscle atrophy
 - Maintain/increase flexibility
- Weight-bearing as tolerated, crutches may be indicated (normal gait)
- Ice, compression, elevation
- NSAIDs
- Strengthening exercises (isometric)
 - Quadriceps setting
 - Multiangle isometrics (non-painful) 90°, 75°, 60°, 45°, 30°
 - Straight leg raises (four planes of motion)
 - Hip adduction, hip flexion stressed
- Electrical stimulation (EMS, TNS, HVGS, Biofeedback)
- Flexibility
 - LE stretches (especially hamstrings, gastroc)
- Intermittent passive motion
- Patient education regarding activities, pathomechanics, exercise pamphlet provided

Subacute Phase - Moderate Protection

- Criteria to Enter Subacute Phase:
 - Pain and swelling reduced
 - ROM increased
 - Strong visible quadriceps contraction
- Goals
 - Increase muscle strength without exacerbation
- Initiate stretching protocol
 - Hip flexor
 - Adductor
 - Hamstring, Dynamic Hamstring
 - Sidelying ITB, C stretch ITB
 - Glutes
- Straight leg raises in all 4 planes
- Quad sets
- Bicycle (low resistance, seat high)
- Swimming
- Pool program for walking/running
- Continue ice therapy, anti-inflammatory drugs
- Avoidance Program
 - Squatting, kneeling, stairs, excessive knee flexion

Maintenance Phase - Minimal Protection

- Criteria to Progress to Chronic Phase
 - ROM and swelling WNL
 - Pain is minimal to none
- Goals:
 - Achieve maximal strength & endurance
- Continue stretching protocol
- Advanced strengthening
 - Seated leg extensions and hamstring curls
 - Hip abduction with foot externally rotated
 - Fire hydrant position
 - Hip circles
 - Lateral and front step ups
 - Reverse lunges
- Work on core and posterior chain flexibility and strengthening
- Emphasis on increased functional activities
- Ice therapy post-exercise

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____