
Distal Realignment Rehabilitation Program

I. IMMEDIATE POST-OPERATIVE PHASE (Day 1 - Day 5)

Goals:	Diminish swelling/inflammation (control hemarthrosis) Diminish post-operative pain Initiate voluntary quadriceps control Independent Ambulation
<u>Brace:</u>	Brace for ambulation only (POD 1 - Week 4)
<u>Weight Bearing:</u>	As tolerated two crutches (approx. 50% WB)
<u>Swelling/Inflammation Control:</u>	Cryotherapy Compression Bandage Elevation & Ankle Pumps
<u>Range of Motion:</u>	Full passive knee extension Flexion to 45 degrees (Day 1 to 4) Flexion to 60 degrees (Day 5) PROM and gentle AAROM only
<u>Muscle Retraining:</u>	Quadriceps setting isometrics Straight Leg Raises (Flexion) Hip Adduction/Abduction * NO active Knee Extension
<u>Flexibility:</u>	Hamstring and Calf Stretches PROM/AAROM within ROM limitations

II. ACUTE PHASE (Week 2-4)

Goals:	Control swelling and pain Promote healing of realignment tibial tuberosity Quadriceps Strengthening
<u>Brace:</u>	Continue brace for ambulation only Discontinue brace (week 4)
<u>Weight Bearing:</u>	Progress WBAT (2 crutches for 4 weeks)
<u>Swelling/Inflammation:</u>	Continue use of cryotherapy Compression bandage Elevation
<u>Range of Motion:</u>	PROM/AAROM exercises Range of Motion 0-75 degrees (Week 1-3) Range of Motion 0-90 degrees (Week 4)

Muscle Retraining: Electrical muscle stimulation to quads
 Quad Setting Isometrics
 Straight Leg Raises (flexion)
 Hip Adduction/Abduction
 Hip Extension
Gentle submaximal isometric knee extension (multi-angle)

Week 4: Light Leg Press
 Vertical Squats (no weight)

Flexibility: Continue Hamstring, Calf Stretches

III. **SUBACUTE PHASE - "MOTION" PHASE (Week 5-8)**

Goals: Gradual improvement in ROM
 Improve muscular strength and endurance
 Control forces on extension mechanism

Weight Bearing: One crutch (week 4-6)
 Discontinue crutch week 6

Range of Motion: PROM 0-115 degrees (week 5)
 PROM 0-125 degrees (week 6)
 PROM 0-125/135 degrees (week 8)

Exercises: Continue electrical muscle stimulation to quadriceps
 Quadriceps setting isometrics
 Hip adduction, abduction, and extension
 Vertical Squats
 Leg Press
 Knee Extension Light (0-60 degrees)
 Bicycle (week 6-8)
 Pool Program [walking, strengthening (when able)]

Flexibility: Continue all stretching exercises for LE

IV. **STRENGTHENING PHASE (Week 9-16)**

Goals: Gradual improvement of muscular strength
 Functional activities/drills

Criteria To Progress to Phase IV:

1. ROM at least 0-115 degrees
2. Absence of swelling/inflammation
3. Voluntary control of quads

Exercises: Vertical Squats (0-60 degrees)
 Wall Squats (0-60 degrees)
 Leg Press
 Forward Lunges
 Lateral Lunges
 Lateral Step-ups
 Knee Extension (60-0 degrees)
 Hip Adduction/Abduction

Bicycle
Stairmaster®

V. **RETURN TO ACTIVITY PHASE**

Goal: Functional return to specific drills

Criteria to Progress to Phase V:

1. Full Non-Painful ROM
2. Appropriate Strength Level (80% or greater of contralateral leg)
3. Satisfactory clinical exam

Exercises: Functional Drills
Strengthening Exercises
Flexibility Exercises