



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

## PROXIMAL DISTAL REALIGNMENT POST-OPERATIVE PROTOCOL

### PHASE I – MAXIMUM PROTECTION

#### WEEKS 0-1:

- Use crutches **non-weight bearing for 1 week unless otherwise specified by physician.**
- **Brace locked at 10° for 6 weeks.**
- Ice and modalities to reduce pain and inflammation
  - Exercises:
    - Begin submaximal quadriceps setting
    - Begin Ankle pumps & straight leg raises

#### WEEKS 2-4:

- Initiate weightbearing as tolerated and wean off crutches
- **Brace locked at 10° during ambulation for 6 weeks.**
- Continue with inflammation control
  - Exercises:
    - Initiate patellar mobility
    - Non weight bearing ROM as tolerated goal of 90°
    - Continue with submaximal quadriceps setting, isometric hamstring/groin and global lower leg strengthening

#### WEEKS 4-6:

- Progressive weight bearing per physician's instructions
- **Brace locked at 10° during ambulation for 6 weeks.**
- Continue with ice
  - Exercises:
    - Aggressive patellar mobility
    - Range of motion: 0°-90° (by week 6)
    - Increase intensity with quadriceps setting

### PHASE II – PROGRESSIVE RANGE OF MOTION AND EARLY STRENGTHENING

#### WEEKS 6-8:

- Brace:
  - Week 6: Open brace to 45°- 60° of flexion
  - Week 7: Open brace to 90° of flexion with adequate quad
- Continue with swelling control
  - Exercises
    - Patellar mobility
    - Gradually progress to full range of motion



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- Begin multi-plane straight leg raising and closed kinetic chain strengthening program focusing on quality VMO function.
- Initiate open kinetic chain progressing to closed kinetic chain multi-plane hip strengthening
- Normalize gait pattern
- Begin stationary bike
- Initiate pool program

**WEEKS 8-10:**

- Brace:
  - Wean out of brace
- Exercises:
  - Continue with patellar mobility drills
  - Normalize gait pattern
  - Restore full ROM
  - Progress open and closed kinetic chain program from bilateral to unilateral
  - Increase intensity on stationary bike
  - Begin treadmill walking program

**WEEKS 10-12:**

- Exercises:
  - Full ROM
  - Aggressive terminal quadriceps stretching
  - Advance unilateral open and closed kinetic chain strengthening
  - Initiate proprioception drills
  - May introduce elliptical trainer

**PHASE III – PROGRESSIVE STRENGTHENING**

**WEEKS 12-16:**

- Exercises:
  - Advance open and closed kinetic chain strengthening
  - Increase intensity on bike, treadmill, and elliptical trainer
  - Increase difficulty and intensity on proprioception drills
  - Begin gym strengthening leg press, hamstring curls, ab/adduction; avoid lunges and knee extensions
  - Begin multi-directional functional cord program
  - Initiate pool running program

**PHASE IV – ADVANCED STRENGTHENING AND FUNCTIONAL DRILLS**

**WEEKS 16-20:**



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- Exercises:
  - Continue pool running program advancing to land as tolerated

**PHASE V – PLYOMETRIC DRILLS AND RETURN TO SPORT PHASE**

**WEEKS 20-24:**

- Exercises:
  - Advance gym strengthening
  - Progress running/sprinting program
  - Begin multi-directional field/court drills
  - Begin bilateral progressing to unilateral plyometric drills
  - Follow-up appointment with physician at 6 months
- Other Considerations:
  - Sports test for return to competition **6 months post-op** per physician's release