



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

PATELLAR DISLOCATION (NON-OP) - CONSERVATIVE

NON-OP PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University
Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

www.bryansaltzmanmd.com

Patient Name: _____ **Date:** _____

 X Evaluate and Treat

 X Provide patient with home program

Frequency: 2-3 x/week x 4 weeks

Goals

- Primary: Reduce swelling and restore ROM (for preparation for reconstruction)
- Secondary: Normalize gait and regain strength
-

Associated Injuries (checked if present):

- [] ACL Tear
- [] PCL Tear
- [] MCL Tear:



- [] LCL/Posterolateral Corner
- [] Meniscus Tear

ROM:

- Locked in extension for 1 week
- Initiate PROM after 1 week with progression to AAROM and AROM with PT. ROM exercises should be performed 3x daily.
- Locked in extension when ambulating and not working on ROM.

Weight Bearing

- TTWB for 2 weeks.
- Progress WBAT after (as tolerated, all weight bearing locked in extension).

Strengthening

- Quadriceps sets (e-stim PRN), SLRs (start in brace and progress out of brace), Squats (double progress to single leg)
- Hamstring sets
- Hip/gluteus- Side lying abduction, bridges
- Gastroc/soleus- Heel raises (double and progress to single)

Other Modalities

- Cryotherapy (with elevation)
- E-Stim to augment strengthening (PRN)
- Elevation above the level of the heart (20 min per day 3 times per day)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient __ would X would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD