



**ORTHO**  
**DAKOTA™**

## NON-OPERATIVE PATELLAR DISLOCATION REHABILITATION GUIDE

PHASE	SUGGESTED INTERVENTIONS	TO ADVANCE TO NEXT PHASE
<b>PHASE I</b> <b>ACUTE PHASE</b> 7-6 WEEKS  2-12 EXPECTED VISITS	<b>Goal:</b> -Secure the knee within a knee brace at a 0-degree angle while utilizing crutches with weight-bearing as tolerated (WBAT) for a duration of 2 weeks. Commence the process of gradually loosening the brace starting at the 3-week mark, guided by the level of pain-free range of motion (ROM) achievable.  <b>ROM:</b> -Gradual advancements in passive range of motion to reach the maximum extent.	<b>Criteria:</b> <ol style="list-style-type: none"><li>1. Maintain effective quadriceps control</li><li>2. Absence of extensor lag</li><li>3. Full weight-bearing status with a regular walking pattern</li><li>4. No knee buckling during ambulation</li></ol>
<b>PHASE II</b> <b>INTERMEDIATE PHASE</b> 4-9 WEEKS  8-18 EXPECTED VISITS	<b>Goal:</b> -Accomplish a knee flexion range exceeding 120 degrees.  <b>ROM:</b> -Gradual advancements in passive range of motion to reach the maximum extent.  <b>Advised Exercises:</b> <b>3 - 12 WEEKS</b> - <b>Static Balance:</b> Maintaining your balance while standing still or on one leg. - <b>Joint Position Sense:</b> The awareness of the position of your joints without visual input. - <b>Postural Control:</b> Keeping an upright posture without swaying or falling. - <b>Weight Distribution:</b> Understanding how your weight is distributed between your feet, for example, in various stances. - <b>Sensory Integration:</b> Combining input from various sensory systems (e.g., the vestibular system, somatosensory system) to maintain stability. - <b>Spatial Awareness:</b> Understanding your body's position in relation to the space around you during dynamic activities. - <b>Gait Control:</b> Maintaining proper walking or running mechanics, which includes the coordination of limbs and balance control.  <b>4 - 12 WEEKS</b> - <b>Dynamic Balance:</b> Maintaining balance and stability while in motion, such as walking or running. - <b>Coordination:</b> The ability to coordinate complex movements, often requiring multiple muscle groups and joints. - <b>Agility:</b> The capacity to change direction quickly and accurately while maintaining balance and control. - <b>Reaction Time:</b> Reacting swiftly to changes in the environment or to unexpected stimuli while maintaining control. - <b>Joint Position Awareness during Motion:</b> Understanding the position of your joints while moving, for example, during a sports activity like basketball or dancing. - <b>Kinesthetic Awareness:</b> The sense of your body's position and movement during activities like sports, dancing, or other dynamic physical exercises.	<b>Criteria:</b> <ol style="list-style-type: none"><li>1. Enhance muscular strength and endurance</li><li>2. Advance toward achieving complete active and passive range of motion</li><li>3. Elevate overall body proprioception and control</li></ol>

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<p><b>PHASE III</b>  <b>ADVANCED</b>  <b>PHASE</b>            7-12 WEEKS</p> <p>14-24            EXPECTED            VISITS</p>	<p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>-Continue to advance and maintain previous phase's exercise goals.</li> <li>-Running comfortable distances without over stimulating the dislocated knee.</li> </ul> <p><b>Advised Exercises:</b></p> <p><b>INTRODUCING PLYOMETRICS</b></p> <ul style="list-style-type: none"> <li>-<b>Box Jumps:</b> These involve jumping onto and off of a box or platform to enhance vertical jump and lower body power.</li> <li>-<b>Depth Jumps:</b> In this exercise, you step off a box and immediately jump as high as possible upon landing. It focuses on the stretch-shortening cycle of muscles.</li> <li>-<b>Squat Jumps:</b> A variation of the basic jump where you perform a squat before each jump to add intensity and target leg strength.</li> <li>-<b>Bosu Ball Exercises:</b> Plyometric drills performed on a Bosu ball to challenge stability and balance while working on power.</li> </ul>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1. Resume strength training with suitable adjustments</li> <li>2. Enhance muscular power, strength, and endurance</li> <li>3. Establish correct impact mechanics through jumping and hopping drills to mitigate the chances of re-injury</li> </ol>
<p><b>PHASE IV</b>  <b>PROGRESS TO</b>  <b>FULL ACTIVITY</b>  <b>PHASE</b>            10-16 WEEKS</p> <p>16-32            EXPECTED            VISITS</p>	<p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>-Continue to develop skills in exercises with drills involving cutting, pivoting, and other change of direction drills.</li> </ul>	<p><b>Criteria:</b></p> <ol style="list-style-type: none"> <li>1. Resume strength training with suitable adjustments</li> <li>2. Enhance muscular power, strength, and endurance</li> <li>3. Establish correct impact mechanics through jumping and hopping drills to mitigate the chances of re-injury</li> </ol>