



Mid-America Orthopedics

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PATELLA DISLOCATION / SUBLUXATION PROTOCOL (CONSERVATIVE MANAGEMENT)

Attention: Treatment for first time dislocations with no loose body

Day 1-13: NO THERAPY

- **Brace:** Wear knee immobilizer
- **Weight bearing:** NWB week 1, can begin WBAT with crutches after 1 week

2 Weeks Post-injury: Begin PT

- **Brace:** Change to ROM knee brace at the end of the week and set at 0-90 degrees.
- **ROM:** As tolerated.
- **Strengthening:** Focus on VMO and hip abduction strengthening
- **Weight Bearing:** Begin WBAT with crutches after one week. Progress to full WB with no assistive device

4 Weeks Post-injury

- **Brace:** Unlock ROM Brace
- **ROM:** As tolerated.
- **Strengthening:** Focus on VMO and hip abduction/gute strengthening.

6 Weeks Post-injury

- **Brace:** DC ROM brace and put into Lateral J Brace.

Note: If the patella dislocates again then they will need MPFL reconstruction.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.