

DISTAL PATELLAR REALIGNMENT PROTOCOL (Fulkerson Procedure/Lateral release with tubercle anteromedialization)

Phase I (0 - 4 weeks)

- TDWB with immobilizer with crutches
- PROM/AAROM 0 – 90⁰
- Strengthening
 - Quad sets
 - SLR's x 4 plane (In brace – no resistance)
 - AROM ankle (ankle pumps, circles etc)
- Stretching
 - Calf and hamstring stretches

Phase II (4 - 6 weeks)

- PWB with immobilizer and crutches
- Continue PROM/AAROM 0 - 90°
- Continue above strengthening
 - Begin ankle theraband strengthening
 - Prone hamstring curls (AROM to 90°)
- Continue above stretching
 - Begin ITB stretches
 - Begin gentle patellar mobilization (manually)

Phase III (6 - 12 weeks)

- WBAT with crutches and DC immobilizer if good quad control
 - Wean off crutches when client can walk without limp and without increase in pain or swelling
- Begin use of patellar stabilizing brace
- PROM/AAROM/AROM to tolerance
 - Stationary cycle when 110° of flex (high seat/low resistance)
- Strengthening
 - Add weight to SLR's
 - Begin closed chain strengthening (shuttle, leg press, mini-squats, calf raises, step-ups etc.)
 - Begin light open chain quadriceps strengthening (pain/crepitus free)
- Continue above stretching
 - Begin light quadriceps and hip flexor stretches
- Proprioception exercises



Home to the Texas Rangers

Begin with weight-shifting and progress through single-leg stance exercises increasing difficulty as tolerated
Begin controlled lateral movements (lateral steps, lateral cones etc)

Phase IV (12 - 16 weeks)

- Progress ROM, stretching, strengthening and proprioceptive exercises
- Advance cardiovascular activities (stationary cycling, swimming, walking)
- Begin light sport specific activities (Graduated sport programs – Golf, walking)

Phase V (> 16 weeks)

- Gradual return to previous activity level with knowledge of patellofemoral precautions