

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

### **Phase I (0 - 4 weeks)**

- TDWB with immobilizer with crutches
- PROM/AAROM 0 – 90<sup>0</sup>
- 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



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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