BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
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Patellar Dislocation

NON-OPERATIVE REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *No swelling; flexion >90°; leg raise without lag*	Restore full extension; flexion >90° (heel slides, bike). Brace unlocked for motion at 4 weeks	Weight bearing as tolerated with crutches; brace locked straight for 3-6 weeks per physician*. Discontinue at 6 weeks with normal gait	Quad sets with e-stim, straight-leg raises, calf raises, hip abduction, mini-squats 0-60°, single-leg balance
Phase II **4–9 weeks** GOAL TO ADVANCE *Normal gait; strength ≥70% of other side*	Full, equal to other side	Full; no assistive device	Leg press, hamstring curls, hip and glute strengthening, squat to chair, side lunges, single-leg work; elliptical and pool jogging at about 8 weeks
Phase III **9–12 weeks** GOAL TO ADVANCE *Strength ≥80% of other side*	Full	Full; optional kneecap-stabilizing sleeve	Increase load; double-leg → single-leg plyometrics; return-to-run program
Phase IV **10–16 weeks** GOAL TO ADVANCE *Strength and hop tests ≥95%*	Full without discomfort	Kneecap-stabilizing brace for sport if prescribed	Multi-plane agility, cutting and pivoting; non-contact → full practice → games**

NOTES

*Bracing longer lowers the chance of another dislocation but makes the knee stiffer; your surgeon will choose 3 or 6 weeks

**If approved by physician. Phases advance by meeting goals, not the calendar. Call the office for any repeat dislocation