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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Medial Retinaculum Plication (for Patella Hypermobility)

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: partial weight bearing with crutches
- ROM: 0-30 degrees
- Brace: hinged knee brace 0-30 degrees
- Exercises: heel slides, gastroc/soleus stretch, calf pumps, straight leg raises

Phase II: 2-6 weeks

- Weight Bearing Status:
 - o 2-6 weeks: progress to full weight bearing
- ROM:
 - o 2-4 weeks: 0-60 degrees
 - o 4-6 weeks: progress to full ROM
- Brace: continue using hinged knee brace with range of motion restrictions noted above
- Exercises: Phase I + hip/glutes/core

Phase III: 6-12 weeks

- WB status: full
- ROM: full
- Brace: lateral padded knee sleeve
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks; progressive proprioception exercises; begin running straight ahead and sports specific drills

Phase IV: 3-6 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance to open chain exercises, return to sports as tolerated