

Bay Area Orthopedic Surgery and Sports Medicine

100 Hospital Drive
Suite 303
Vallejo, CA 94589
Ph: 707-645-7210 Fax: 707-645-7249
www.baosurgery.com

Teodoro P. Nissen, MD

*Fellowship Trained
Sports Medicine and Sports Trauma
Reconstructive Joint Surgery*

Elizabeth J. Milne, MHS, PA-C

*Physician Assistant – Certified
Orthopedics and Pain Management*

Associate Physicians:

Alicia Knee D.P.M.

*Board Certified Podiatrist
Foot and Ankle Reconstruction*

Daniel Birkbeck, MD

*Napa Valley Orthopedics, Napa
Fellowship Trained
Hand and Microvascular Surgery
(707) 647-2053*

Jason Huffman, MD

*Napa Valley Orthopedics, Napa
Fellowship Trained
Spine Surgery
(707) 647-2053*

Post-op Physical Therapy Protocol for Patellar Realignment

Stage 1: 0-3 weeks post-op:

- Brace locked at zero degrees extension
- Weight bearing as tolerated with brace locked at zero extension
- Passive ROM exercises from 0-60 degrees flexion
- Edema reduction and scar management.

Stage 2: 3-6 weeks post-op:

- Brace locked at 0-30 degrees flexion
- Weight bearing as tolerated with brace locked at zero extension
- Passive ROM exercises from 0-90 degrees flexion
- Continue edema reduction and scar management

Stage 3: 6 weeks post-op:

- Open brace to allow full flexion
- Gradually increase active and passive ROM to full
- Wean out of brace as ROM improves
- Light strengthening once ROM full, advance as tolerated