



Pediatric Orthopedic and Scoliosis Center  
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

## Dr. Tysklind's Patellar dislocation protocol

**Diagnosis:** patellar dislocation

**PT for range of motion, stretching and strengthening of knee and lower extremity\**

**2-3x per week x 6-8 weeks**

**Focus on Quad / VMO, Gluteal muscle strengthening, hamstring stretching**

**Restrictions:**

- **WBAT in knee immobilizer, switch to lateral patellar stabilizing brace when good quad control**
- **Knee ROM: wk: 0-1: 0 degrees, wk 1-2: gradually increase as tolerated, goal of full ROM by 4-6 weeks**

**Other:**

Gluteal muscles to encourage hip ER during ambulation

Pain and swelling control.

Use of modalities to reduce swelling and pain

Quad isometrics.

E-stim for VMO if unable to isolate VMO or do a SLR without extensor lag.

ITB/Quad/HS/Gastroc stretching.

Taping prn.

Teach HEP as well.

- Thank you for your great care!

Robert G. Tysklind, MD

Date