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ANTEROMEDIALIZATION OF THE PATELLA

<u>GENERAL</u>	Toe-Touch Weight Bearing for 3 weeks Brace on at all times, locked in extension for ambulation for 6 weeks
<u>WEEK 1</u>	Extension/Flexion to 90 degrees— prone Hamstring sets Ankle pumps Hamstring stretching (sit and reach with towel)
<u>WEEK 3</u>	Extension/Flexion to 90 deg –wall slides & sitting
<u>WEEK 5</u>	Quad sets with straight leg raises Patellar Mobilizations Bike & row with single leg Bike with both legs
<u>WEEK 7</u>	Aqua jogging
<u>WEEK 9</u>	Carpet drags & Gas pedal
<u>WEEK 10</u>	Runners stretch for calf and Achilles Stork Stand for Quads (WHEN CLEARED) Toe/heel Raises Terminal 1/3 knee bends Treadmill incline 7-12% walk Double knee bends Forward and backward jogging Single Knee Bends
<u>MONTH 3</u>	Initial Agility Exercises Swimming with fins Elliptical trainer Rowing Stairmaster Single knee bends Outdoor biking
<u>MONTH 4</u>	Side to side lateral agility Advance Agility Leg press to 90° Leg curls with no hyperextension Ab/Adduction Mini Squats with Bar Balance Squats Golf
<u>6 MONTHS</u>	Return to Sports