

## Extensor Mechanism Realignment Protocol

### Dr. Schaap

General considerations:

-Nonweightbearing × 6–8 weeks per MD

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Motion and Control 0-3 weeks	<ul style="list-style-type: none"> <li>-Cryotherapy, elevation, compression</li> <li>-Joint mobilization to patella and STM</li> <li>-Quad NMES/biofeedback until no lag</li> <li>-Hip ab/adduction, extension, flexion, gastroc and hamstring stretch</li> <li>-Nonweightbearing-brace locked at 0</li> <li>-SLR x 4 in brace only.</li> </ul>	<ul style="list-style-type: none"> <li>-Normal wound closure</li> <li>-Full extension</li> <li>-Full active extension</li> <li>-Good patella mobility</li> <li>-Nonweightbearing</li> <li>-Pain and edema controlled</li> </ul>
Motion, Control and Stability 3-6 Weeks	<ul style="list-style-type: none"> <li>-Progressed ROM 30 degrees per week starting week 4.</li> <li>-week 4 0-30, week 5 0-60, week 6 0-90 degrees</li> <li>-bike with brace on with above limitations</li> <li>-continue SLR x 4</li> </ul>	<ul style="list-style-type: none"> <li>-Flexion to 90° by 6 weeks</li> <li>-NWB 6–8 weeks per MD</li> <li>-Good VMO tone with quad set</li> <li>-Good patella and scar mobility</li> <li>-Pain and edema controlled</li> <li>-5/5 hip, hamstring, ankle strength</li> </ul>
Strength, Stability and Endurance 6-12	<ul style="list-style-type: none"> <li>-Obtain full flexion</li> <li>-WBAT with brace unlocked when adequate quad strength</li> <li>-Progress CKC exercises as tolerated</li> <li>-Stability training two legs to 1 leg as tolerated</li> <li>-Independence in home exercise program</li> <li>-Combine OC/CKC programs</li> <li>-Discontinue crutches and brace per MD</li> </ul>	<ul style="list-style-type: none"> <li>-Full, pain-free A/PROM</li> <li>-Good VMO tone</li> <li>-4+/5 MMT throughout LE</li> <li>-No effusion/patellofemoral pain</li> <li>-Normal patella and scar mobility</li> </ul>