

## REALIGNMENT OF THE EXTENSOR MECHANISM

### General Considerations:

- The knee is immobilized in full extension 2-3 weeks
- Elevation and NSAIDs for pain and edema control
- Compression dressing for 3-6 days

### Phase I (Home Exercise Program only)

- Day 1-7: Ankle pumps, quad/hamstring isometrics, no ROM exercises
- Day 8-14: Continue isometrics, include SLR, heel slides 0-30
- Day 15-21: Continue isometrics/SLR, increase ROM 0-60 with heel slides

### Phase II

- Formal PT starts at 3 weeks post-op
- Increase ROM to 90 degrees by week 4, 120 by week 5, full ROM by week 6
- WB, ROM, strengthening and reconditioning must be progressed slowly for 6-8 weeks; otherwise exercises are similar to lateral release
- PF Mobs – superior, inferior, medial glides only (no lateral glides if medial reefing/plication done)
- Every effort is made to avoid an extensor lag
- VMO strengthening
- Discontinue brace at 4-6 weeks

### Phase III

- Emphasize VMO strengthening
- Avoid open chain exercises
- Avoid portions of ROM that cause pain, crepitus, or excessive compression of PF joint
- **Return to full activity:** 20 weeks (distal realignment); 24 weeks (proximal realignment)