



Proximal Distal Realignment

ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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Bracing

- 1) Brace locked 0 for ambulation
- 2) Open brace 0-70 for passive range of motion exercises starting immediately post op.
- 3) Keep brace locked at 0 for ambulation until quad control allows increases in ROM stops on brace. Increase flexion and extension stops as quad control allows.
- 4) Sleep without brace at 4 weeks
- 5) Discontinue brace at 4-6 weeks as determined by the physician

Range of Motion

- 1) Passive range of motion 0-70 starting immediately post op
- 2) Advance motion as tolerated after post op week 2
- 3) Full range of motion by post op week 8
- 4) Motion Exercises:
 - a. Flexion
 - Wall slides
 - Chair slides
 - b. Extension
 - Extension sitting
 - Prone extension
 - Gastroc/hamstring stretch

Weight Bearing

- 1) Weight bearing as tolerated with brace locked at 0 until quad strength is sufficient to increase ROM limitations on brace.

Strengthening Exercises

- 1) Straight leg raises
- 2) Quad/Hamstring co-contractions
- 3) Ankle pumps

Lifestyle Modifications

- 1) Achieve an optimal body weight
- 2) Safe exercise every day – Top 10 recommended activities
 - a. Swimming
 - b. Aquatic exercises
 - c. Biking
 - d. Healthrider
 - e. Rowing machine
 - h. Walking
 - i. Golf
 - j. Light hiking
 - k. Cross country skiing
 - l. Low impact aerobics
- 3) Proper nutrition through supplements:
 - Calcium 600 to 1200 mg
 - Vitamin C 1500 mg
 - Vitamin E 400 IU (international units)
 - Magnesium 400 mg
 - Multivitamin that includes trace minerals
 - Glucosamine (750 mg) and chondroitin (600 mg). Double this quantity for the first 3 months.

