

# Patellar Stabilisation Rehabilitation

## Days 0 to 14

### **Post-op recovery**

Primary goal here is to allow wound healing and to decrease swelling. You will be staying in hospital overnight for pain relief. On discharge, you will have waterproof dressings and pressure bandage on, and your leg will be in a splint. You will be allowed to weight bear with the help of crutches.

Take off your pressure bandage at 48 hours but leave your waterproof dressings on until your review in clinic in 7 to 14 days post surgery.

Wear your splint when walking, but it can be taken off when in bed.

### **Exercises**

The following exercises are recommended at least 3 times a day –

- Knee straightening – ensure your knee comes out straight
- Straight leg raises to activate your quads

## Weeks 2 onwards

You will not require crutches or splint from here on.

See your physio for knee range of motion and quadriceps strengthening exercises. Once your knee bends to 90 degrees, time on stationary bike is recommended. Your quads will take around six months to build up.

You can consider returning to desk duties if clearance given, and light duties at 3 months post surgery.

## 5 months onwards

If your quads are ready, you can commence sport-specific training and heavy duty at work.