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Patient Name:

Date:

**Knee Rehabilitation:
Patellofemoral maltracking / instability**

Underlying philosophy: Minimize activities that involve high lateral tracking forces while stressing quadriceps (VMO) strengthening.

Resisted leg raises

- SLR at 30°
- Hip adduction, extension, flexion
- Knee flexion

PRE Progression - Emphasize V.M.O. Strengthening

- Multiple angle isometrics
- Eccentric closed chain isotonic
- Concentric closed chain isotonic
- Eccentric open chain isokinetics → Performed in 90-30° arc
- Concentric open chain isokinetics, submaximal
- Eccentric open chain isotonic
- Concentric open chain isotonic, submaximal
- Concentric open chain isotonic, maximal

- Progress arc as tolerated in later stages of rehab.

Flexibility Exercises

- Achilles
- Lateral retinaculum stretching
- Hamstrings
- Lateral hip/thigh

Other Therapeutic Activities

- Medial patellar mobilization
- EMG Biofeedback
- Assess for patellar taping benefit
- Retro ambulation
- Calf and hip PRE's
- Muscle endurance activities
- Functional closed chain exercises for static and dynamic patellar stabilization
- Nordic track
- Progress to Stairmaster/Versaclimber
- Cryotherapy and modalities PRN

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD