

# Anteromedialization of the Patella (Fulkerson procedure)

---

## General

---

Toe touch weight-bearing for 3 weeks with crutches  
Brace locked in extension for ambulation only for 6 weeks  
Stitches assessed and removed in clinic within 7-14 days  
X-rays taken at 2 weeks, 6 weeks, and 12 weeks post-op

---

## Weeks 0-2

---

CPM 0-30 and advance to 0-90 as tolerated  
Extension/flexion to 90 degrees—prone hangs  
Achilles, calf and hamstring stretching (sit and reach with towel)  
Ankle pumps  
Hamstring sets  
Modalities as necessary to decrease swelling

---

## Weeks 2-5

---

Continue week 2 activities  
Extension/flexion to 90 degrees—wall slides and sitting

---

## Weeks 5-10

---

Continue previous exercises  
Patellar mobilization  
Toe/heel raises

Quad sets with straight leg raises  
Stationary bike with both legs with gradual increased resistance  
Rowing/erg machine with single leg  
Aqua jogging/therapy

---

## Weeks 10-12

---

Treadmill 7% walk  
Terminal 1/3 knee bends  
Double knee bends  
Quads-specific strengthening exercises  
Swimming with fins

---

## Week 12

---

Outdoor biking  
Single knee bends  
Return to run program = elliptical → treadmill → outdoor running

---

## Week 16

---

Leg press to 90° with weights  
Leg curls with no hyperextension  
Sport-specific training with gradual return to agility exercises

---

**6 months = Return to sports**