

Knee Dislocation

Diagnosis Explanation:

A **knee dislocation** occurs when the bones of the knee (femur, tibia, and patella) are forced out of alignment due to trauma, a fall, or a sports injury. This is a serious condition that can damage ligaments, blood vessels, and nerves. Symptoms include severe pain, visible deformity, swelling, instability, and difficulty moving the knee. Treatment may involve **immobilization, physical therapy, or surgery**, depending on the severity.

Specific Work Modifications:

- **If your job requires standing or walking:** Use a knee brace and crutches (if prescribed). Take breaks to elevate the knee.
- **If your job involves lifting:** Avoid heavy lifting and any movements that require knee twisting or deep bending.
- **If your job is desk-based:** Keep the knee elevated when sitting and perform gentle mobility exercises.
- **Avoid:** Prolonged standing, kneeling, stair climbing, and excessive walking without a brace.

Specific Activity Modifications:

- **If you play sports:** Avoid running, jumping, or pivoting. Cross-train with swimming or cycling once cleared by a doctor.
- **If you hike:** Use trekking poles and avoid uneven terrain until full stability is restored.
- **If you do weightlifting:** Avoid deep squats, lunges, and leg presses. Focus on controlled, low-impact movements.
- **Avoid:** High-impact activities, sudden direction changes, prolonged standing, and activities that strain the knee.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for ligament and cartilage repair.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily to support joint recovery.
- **Vitamin C** - 500mg daily to enhance collagen synthesis.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Calcium + Vitamin D** - 1000mg/800 IU daily for bone strength.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support tissue repair.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.

- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support tissue healing and maintain joint lubrication.

Home Exercise Prescription (Based on Recovery Stages):

Early Phase (0-4 Weeks, Pain & Swelling Control, Gentle Mobility):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression (brace as prescribed), Elevation.
- **Ankle Pumps** - Move ankle up and down to improve circulation, **10 reps, 3x/day**.
- **Passive Knee Extensions** - Sit with leg straight, gently straighten knee, **hold 5 seconds, 10 reps, 3x/day**.
- **Quadriceps Sets** - Tighten thigh muscles, hold for 5 seconds, repeat **10 reps, 3x/day**.

Strengthening Phase (4-8 Weeks, Once Pain Improves & Mobility Increases):

- **Straight Leg Raises** - Keep knee straight, lift leg, hold 5 seconds, repeat **10 reps, 2x/day**.
- **Seated Knee Extensions** - Slowly extend knee, hold for 5 seconds, repeat **10 reps, 2x/day**.
- **Glute Bridges** - Lie on back, lift hips while keeping hamstrings relaxed, **10 reps, 2x/day**.

Advanced Phase (8+ Weeks, Stability & Return to Activity):

- **Mini Squats (No Deep Bending)** - Slight knee bends while keeping weight on heels, **10 reps, 2x/day**.
- **Step-Ups** - Step onto a low platform, push through the heel, repeat **10 reps, 2x/day**.
- **Stationary Cycling** - Low resistance for **10-15 minutes/day**.
- **Balance Exercises** - Stand on injured leg for **10-20 seconds**, increase as tolerated.

Helpful Books:

1. *The Knee Injury Bible: Everything You Need to Know About Knee Pain, Prevention, and Treatment* - Kevin R. Stone, MD.
2. *Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need It* - Robert Klapper, MD, and Lynda Huey.

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Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.