

Patellar Dislocation

Diagnosis Explanation:

A **patellar dislocation** occurs when the kneecap (**patella**) shifts out of its normal position, usually **to the outside of the knee**. This often results from **a sudden twisting motion, direct trauma, or weak supporting muscles**. Symptoms include **severe pain, swelling, knee instability, difficulty bending or straightening the leg, and sometimes visible deformity**. First-time dislocations may require **manual reduction** (putting the kneecap back in place), while recurrent dislocations may indicate **ligament damage** requiring further treatment.

Specific Work Modifications:

- **If your job requires standing or walking:** Use a **brace or crutches** (if prescribed) and take frequent seated breaks.
- **If your job involves lifting:** Avoid **sudden knee twisting, deep bending, or heavy loads**.
- **If your job is desk-based:** Keep the knee **elevated** when sitting and perform gentle mobility exercises.
- **Avoid:** Squatting, kneeling, prolonged standing, and any activity that increases knee instability.

Specific Activity Modifications:

- **If you play sports:** Avoid running, jumping, and pivoting for **at least 6-8 weeks**. Instead, **swim or cycle** to maintain fitness.
- **If you hike:** Stick to **flat terrain**, avoid steep inclines, and use **trekking poles** for stability.
- **If you do weightlifting:** Avoid **deep squats, lunges, and leg presses** until fully healed. Focus on **core and hip strengthening**.
- **Avoid:** Cutting movements, sudden direction changes, and high-impact activities until the knee is stable.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for ligament and cartilage repair.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily to support joint health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Vitamin C** - 500mg daily to aid collagen production.
- **Vitamin D3 + Calcium** - 1000 IU/500mg daily for bone strength.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support ligament 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 keep tissues hydrated and support healing.

Home Exercise Prescription (Rehabilitation for Patellar Dislocation)

Early Phase (0-2 Weeks, Reducing Pain & Swelling):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression (brace or patellar stabilizer), Elevation.
- **Quadriceps Sets** - Tighten thigh muscles, hold for 5 seconds, repeat **10 reps, 3x/day**.
- **Heel Slides** - Gently slide heel toward buttocks to maintain mobility, **10 reps, 2x/day**.
- **Ankle Pumps** - Move ankle up and down to improve circulation, **10 reps, 3x/day**.

Strengthening Phase (2-6 Weeks, Once Pain Decreases):

- **Straight Leg Raises** - Keep knee straight, lift leg, hold for 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 knees bent, **10 reps, 2x/day**.
- **Clamshells (Hip Strengthening)** - Lie on your side, open and close knees, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Improving Stability & Return to Activity):

- **Mini Squats (No Deep Bending)** - Slight knee bends while keeping weight on heels, **10 reps, 2x/day**.
- **Lateral Band Walks** - Step sideways with a resistance band around thighs, **10 steps each way, 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** to improve mobility.

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.

Click [here](#) for more orthopedic patient information.

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