

Paediatric and Adolescent Patella dislocation or instability

A kneecap dislocation can be caused by an injury or may happen with much less force. In both cases the kneecap moves sideways out of place.

Use rest, ice and elevation to manage the early pain and swelling. If fitted with a knee brace, or using crutches, it is important to weight bear and walk when comfortable to do so.

The following exercises can be done 2 – 3 times a day to maintain the knee strength and stability. These will be progressed by your physiotherapist. Do not push into discomfort and seek advice if your pain worsens. Start with a couple of repetitions and gradually increase if it is comfortable to do so.

1. March on the spot holding onto support if needed. As this improves, progress to standing on one leg as comfort and balance allows.



2. Seated or lying knee bends. Slide your heel along the floor to bend and straighten your knee as far as is comfortable. If fitted with a brace, you may have to wait until it is removed to do this exercise.



3. Static quadriceps. Roll a towel under the knee. Then straighten the leg fully, lifting the heel off the floor.



4. Straighten the knee fully then lift a few inches only. Slowly lower and repeat as able

