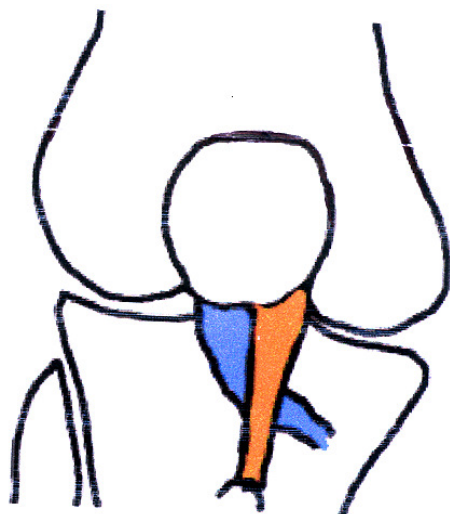


## Roux Goldthwait Procedure

**Roux Goldthwait is a procedure used for recurrent patellar dislocations.**

It is a distal realignment procedure where the patellar tendon is split vertically. The lateral half is pulled under the medial half and attached to the tibia. This pulls the patella medially and helps prevent excess lateral shift.



For the first 2 weeks the patient is placed in a long lever brace locked at 0° and is non-weight bearing. Between 2-6 weeks the brace is gradually opened and by 6 weeks the aim is to achieve 90° of flexion.

### **0-2 weeks**

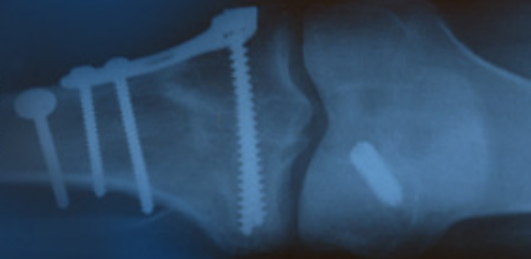
Non-weight bearing. Brace locked at 0°.  
Static quadriceps – patella mobilisations.  
Hip Abduction Adduction.

### **2-4 weeks**

Partial weight bearing.  
Straight leg raise.  
Hamstring stretches.  
Calf stretches.  
Active assisted knee extension.  
Brace opened 0-30°.  
Week later 0-50°.

### **4-6 weeks**

Brace opened 0-75°.  
Active knee extension.  
0-90° by week six.



## Patient Information

### 6 weeks

If no lag on straight leg raise – can remove brace and wean off crutches.

VMO work.

Bridging.

Hamstrings in prone.

Heel raises.

Proprioception.

### 8 weeks+

Bike.

Sit-stand.

Step-ups.

Single leg calf raises.

Quadriceps stretches as able.

### 4-6 months

Return to full activity.

This procedure aims to reduce the risk of patellar dislocation, but may not prevent it from ever happening again.

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**Date last reviewed** April 2006

**Ratified by:** Mr M McNicholas, Consultant Orthopaedic Surgeon