

Medial Patellofemoral Ligament Reconstruction Protocol

0-6 weeks post op

- WBAT with brace locked in extension and crutches for first 6 weeks. Heel-toe gait
- Pain/Edema reduction
- Begin and Enhance normalization of quad recruitment
- Modalities as needed
- Brace locked at 0° at all times except for ROM ex's by ATC or PT for first month
- Teach patient to perform Home Stretching Exercises 2 –3x's daily
- Advance ROM as tolerated to max of 90°
- Begin patella mobilizations
- Scar management
- Quad sets/SLR in Brace at 0° (assist patient with this exercise until solid quad contraction developed)
- Seated calf ex's
- Teach Quad ex's for home program

6 weeks post op

- Cont. as above
- Stationary Bike to increase ROM, start with high seat and progress to normal height when able,
- resistance as tolerated
- Begin weaning off crutches, D/C brace and normalize gait mechanics

10 weeks post op

- Cont. as above
- Leg press with both legs
- Leg extensions with anti shear device or cuff weights progress weight as tolerated, keep resistance proximal

14 weeks post op

- Cont. as above
- May begin aquatic therapy emphasizing normal gait, marching forwards/backwards
- Treadmill walking – forwards and retro
- Closed and Open Chain Tubing ex's
- Single leg stands for balance/proprioception
- Chair/Wall squats – keep tibia perpendicular to floor
- Unilateral step-ups – start with 2" height and progress to normal step height as able

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18 weeks post op

- Cont. as above
- ROM should be progressing, if not contact doctor
- Stairmaster, Versa Climber, Nordic Track and Elliptical Trainers
- Slide Board – start with short distance and progress as tolerated
- Cable Column ex's – retro walking, lateral stepping, NO cross over stepping or shuffling
- Standing leg curls with cuff weights or seated leg curls
- Advance strengthening for quads as tolerated

24 weeks post op

- Cont. as above
- Assessment of jogging on treadmill
- Lateral Movement supervised by ATC or PT
 - Stepping, shuffling, hopping, carioca
- Isokinetic Exercises
- Initiate plyometric program as appropriate to patient's functional goals
- If plyometric exercise intensity is high the volume must be decreased, give ample recovery time between sets
- 2-3 sessions a week preferably on weight lifting days
- Initiate sport specific activities under supervision by ATC or PT

32 weeks post op

- Cont. as above
- Emphasize strength and power development
- Running and sport specific drills under ATC or PT supervision
- Isokinetic test for Quad strength difference $\leq 15\%$ and unilateral Hamstring/Quad strength ratio of 65% or better
- Cont. strength testing monthly until patient passes then perform functional testing
- Functional testing is appropriate for people returning to advanced recreational activities or sports
- Clearance by doctor prior to return to sport