

## **Medial Patellofemoral Ligament Reconstruction Protocol**

### **Day 1: Brace in place and locked at 0 degrees**

1PT post-op visit

- Issue and Education on home estim for NMR and pain control (12 hr/day), basic ADLs and WBAT on two crutches

Ankle pumps and quad sets in brace

### **Day 5: Brace Unlocked completely**

Crutches and continue WBAT

CKC activities as pain and quad control allows

Gradual AROM as pain allows. Monitor for arthrofibrosis daily.

Suture removal 8-10 days

### **Day 17: Brace Unlocked**

Patellar Mobilization (Superior only)

AROM should be 0-90

2 Crutches, continue WBAT

Active assisted ROM

### **Day 24: Brace Unlocked**

Continue previous program and progress AROM to full

Scar mobilization

### **Week 5-7: Brace Unlocked**

May D/C crutches if good quad control, then D/C brace 1-2 weeks later (again based on quad control)

Proprioceptive exercises

Recumbent Bike, Elliptical machine and Pool therapy if indicated

### **Week 8-10:**

Focus on Proximal strengthening, Core, Proximal Hips

### **Week 8-12: Previous Exercises**

CKC Ther-ex: squat, lunges, leg-press, step-ups

Work core strength & upper body

### **4-6 Months: Agility Drills**

Full wt training, Dead Lift, Box Squats

Running

Biodex Testing as needed

Independent HEP if indicated

Gym Program

Return to full contact sports/ activities