

Medial Patellofemoral Ligament Reconstruction Protocol

Day 1: Brace in place and locked at 0 degrees

Toe Touch Weight Bearing
Ice/ Polar Care to surgical site
Ankle pumps and quad sets in brace
Call to schedule PT (you will receive prescription at first post op appointment with MD).

Day 10: Brace Unlocked to 30 degrees

Crutches and continue TTWB
Patient to begin regular PT post-op day 10
Suture removal 7-10 days

Day 17: Brace Unlocked to 60 degrees,

SLR, Ankle pumps, quad sets
Crutches and begin 25% WB

Day 24: Brace Unlocked to 90 degrees

Crutches and begin 50% WB
Scar mobilization

Week 5-7: Brace Unlocked to 120 degrees

May transition to 1 crutch if good quad control
Begin leg press with light resistance
Recumbent Bike, Elliptical machine
Pool therapy if indicated
Begin AROM/ Protect

Week 8-10: D/C Brace after 8-10 weeks if good quad control

Full WBAT if gait and ROM have normalized

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
Glut and Hamstring Machines
Running
Biodex Testing
Gym Program
Return to full contact sports/ activities

