

Medial Patella-Femoral Ligament Post-operative Protocol

- a. Brace and Crutches
 - i. For 2-6 weeks
 - ii. Can discontinue crutches when normal gait re-established
 - iii. Can discontinue brace when good quad control re-established
- b. ROM Minimum Goals
 - i. 0-90 degrees by end of Week 2
 - ii. 0-110 degrees by end of week 4
 - iii. 0-135 degrees by end of week 8
- c. Weight bearing:
 - i. WBAT with goal of Full WB at end of week 6
- d. Patellar Mobilization
 - i. Multiple times/day for 8 weeks starting POD#1
- e. Modalities
 - i. EMS/Biofeedback, Cryotherapy for 8 weeks
 - ii. BFR when quad activation achieved
- f. Stretching
 - i. Hamstrings, gastroc-soleus, IT Band, Quadriceps from POD#1 through 12 Months
- g. Strengthening
 - i. Isometric Quadriceps, SLR: Week 0-8
 - ii. Active Knee Extension: Weeks 0-12
 - iii. Closed chain: Gait retraining, toe raises, wall sits, mini squats: Week 0 to 6 Months
 - iv. Knee Flexion Hamstring curls (0-90 deg): 0-6 months
 - v. Knee extension quads (90-30 deg): 0-12 months
 - vi. Hip abduction-adduction: 5 weeks to 12 months
 - vii. Leg Press (70-10 deg): Week 5-12 months
 - viii. Proprioceptive Training
 - 1. Weight-shifting, mini-trampoline, BPAS, KAT, Plyometrics: Week 4-12 Months
- h. Conditioning
 - i. UBC: 0-4 Weeks
 - ii. Stationary Bike: Week 4-12 Months
 - iii. Water-walking: Week 5-12 Months
 - iv. Swimming: Week 9-12 Months
 - v. Walking: Week 5-12 Months
 - vi. Ski Machine: Week 5-12 Months
- i. Running: Start Week 9 if quad at 80% strength contra-lateral side
- j. Cutting Sports/Exercises: 4-6 Months
- k. Return to sports: 6 Months