REHABILITATION GUIDELINES FOR
MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION

**PHASE I (0-2 WEEKS)**

| Appointments | Physical therapy 2 x/week  
|              | • MD visit at 7-10 days post op for stitch removal |
| Rehabilitation Goals | • Restore full passive knee extension  
| | • Diminish joint swelling and pain  
| | • Gradually improve knee flexion  
| | • Re-establish quad control |
| Precautions | **WB:**  
| | - WBAT two crutches  
| | **Brace:**  
| | - Locked at 0 for ambulation, otherwise 0-30 degrees flexion  
| | - Sleep with brace locked in full extension  
| | • PROM 0-30 degrees flexion  
| | • Soft tissue mobilization of distal ITB, lateral retinaculum  
| | • Swelling control measures  
| | • Patellar mobilizations: avoid lateral glides |
| Suggested Therapeutic Exercises | • Ankle pumps  
| | • Knee extension overpressure  
| | • AROM and PROM for flexion for 30 degrees  
| | • Quad sets  
| | • Prone extension hang  
| | • Weight shifting (brace locked)  
| | • Heel raises (brace locked)  
| | • NMES for quad sets to diminish inhibition |
| Cardiovascular Exercises | • No lower extremity cardio at this time |
| Progression Criteria | • Full passive knee extension  
| | • Knee flexion 0-30  

| PHASE II (2-6 WEEKS) | DATES:  

| Appointments | Continue physical therapy 2 x/week  
| | • MD visit at 6 weeks post op  

| Rehabilitation Goals | • Full passive knee extension  
| | • Full active quad contraction with superior patellar glide  
| | • Gradually improve knee flexion  
| | • Patient is able to tolerate FWB with brace locked at 0 degrees without pain  

| Precautions | Brace:  
| | • After post op MD visit and sutures are out:  
| | • Locked at 0 for ambulation and weight bearing exercises; otherwise 0-90 degrees flexion  
| | • AROM/PROM 0-90 degrees flexion  
| | • continued emphasis on extension  
| | • Continue avoiding lateral glides  

| Suggested Therapeutic Exercises | • Continue with above exercises  
| | • Continue with NMES if needed  
| | • Heel slides to 90 degrees flexion  
| | • ITB stretching  
| | • Single leg balance locked in brace, heel raises locked in brace  
| | • 4 way SLR (flexion, adduction, abduction, extension)  
| | • Bridges with feet on ball  

| Cardiovascular Exercises | • No lower extremity cardio at this time  

| Progression Criteria | • Full passive knee extension  
| | • Full active quad contraction with superior patellar glide  
| | • Gradually improve knee flexion  
| | • Patient is able to tolerate FWB brace locked at 0 degrees without pain  

# Rehabilitation Guidelines for Medial Patellofemoral Ligament Reconstruction

## Phase III (6-12 Weeks)

### Appointments
- Continue physical therapy 2 x/week
  - MD visit at 12 weeks post op

### Rehabilitation Goals
- Restore full knee ROM
- Wean off of crutches and brace
- Restore normal gait pattern
- Gradually improve ADLs and strength

### Precautions
- Bike to start strengthening and improve ROM, gradually lower seat as ROM allows

### Suggested Therapeutic Exercises
- Mini squats and lunges
- Hamstring curls with light weights
- Heel raises
- Step ups/lateral step downs
- Single leg balance
- Lateral steps

### Cardiovascular Exercises
- Stationary bike
- Walking

### Progression Criteria
- Full knee ROM
- Normal gait pattern without assistive device
- Improving functional strength

## Phase IV (12-18 Weeks)

### Appointments
- Continue physical therapy 1-2 x/ week

### Rehabilitation Goals
- Full ROM
- Normal patellofemoral mobility
- Patient demonstrates normal mechanics with CKC exercises
## REHABILITATION GUIDELINES FOR

### MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION

<table>
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<tr>
<th>Precautions</th>
<th>None at this time</th>
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| Suggested Therapeutic Exercises | Controlled sports start such as jogging inline  
|                    | Continue with above exercises and progress with proprioception and  
|                    | agility, leg press, leg curls, deadlifts, core strength  
|                    | Can start more sport specific training at 4 months |
| Cardiovascular Exercises | Bike  
|                    | Inline jogging |
| Progression Criteria | Return to sport at 6 months if:  
|                    | Quadriceps and hamstring strength at least 90% of unaffected leg  
|                    | Able to return to sport per return to sport test |

References:


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MD Name and Date: Approved by MD 2/2/2016