Medial Patellofemoral Ligament Reconstruction – Rehab Protocol

Phase I (Weeks 0-2)

• Weightbearing: Toe-touch weightbearing with crutches

• Hinged Knee Brace: **Locked in full extension for ambulation and sleeping**

• Range of Motion – PROM/AAROM

* CPM – 0-60 degrees

• Therapeutic Exercises

o Quad/Hamstring sets

o Heel slides/Prone hangs/Patellar mobilization

o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 2-6)

• Weightbearing: May wean from crutch use when able to perform straight leg raise with extension lag.

• Hinged Knee Brace: Unlocked while during PT. **Locked while ambulating**.

• Range of Motion – PROM/AAROM/AROM: Maintain full knee extension – work on progressive knee flexion (goal of 90 degrees by week 6)

* CPM – 0-90 degrees

• Therapeutic Exercises

o LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES

o Isometric quadriceps strengthening

o Heel slides/Prone hangs

o Patellar mobilization

Phase III (Weeks 6-12)

• Weightbearing: Full weightbearing without crutches

• Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve (Reaction Brace)

• Range of Motion – Advance to Full/Painless ROM

• Therapeutic Exercises

o Wall sits/Lunges

o Proprioception training

o Stationary bicycle

Phase IV (Months 3-4)

• Advance closed chain strengthening – leg press, leg curls

• Plyometric and proprioception training

• Treadmill jogging/Elliptical Phase V (Months 4-6)

• Gradual return to athletic activity as tolerated

• Maintenance program for strength and endurance