



PHYSICAL THERAPY SECTION

MEDIAL PATELLOFEMORAL LIGAMENT REPAIR / RECONSTRUCTION

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continue TED Hose
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace – Days 1-7: Locked in extension
– Weeks 1-2: Locked at 0-20 degrees
Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)
AROM, AAROM 0-20 degrees
Patellar mobilization (teach patient)
Calf pumping
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / HS
Straight leg raise (SLR) x 4 on mat, in brace (parallel bars if poor quad control)
Double leg heel raises
Gentle Hamstring stretching
Ice pack with knee in full extension after exercise

Goals

Pain / effusion control
No extensor lag

Weeks 2 – 4

Brace – Weeks 2-3: 0-45 degrees
– Weeks 3-4: 0-60 degrees
Continue appropriate previous exercises
Scar massage when incision healed
AROM, AROM 0-60 degrees
SLR x 4 on mat, without brace – no resistance
Single leg heel raises
Stretches – Hamstring, hip flexors, ITB

Goals

Normal gait
AROM 0-60 degrees

Weeks 4 – 6

Brace – Weeks 4-5: 0-75 degrees
– Weeks 5-6: 0-90 degrees
Continue appropriate previous exercises
AROM, AAROM 0-90 degrees
Standing SLR x 4 with light weight at ankle
Weight shifts, Mini squats
Short arc quads with light weight as tolerated
Total Gym – Mini squats (level 3-5) – No flexion > 45 degrees
– Passive flexion to 90 degrees (push up with opposite leg)
Leg press 0-45 degrees with light resistance
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
Proprioception ex – Double leg BAPS
Stationary bike for ROM
Pool therapy

Goals

ROM 0-90 degrees
No effusion

Weeks 6 – 9

Brace – Weeks 6-7: 0-105 degrees
– Weeks 7-9: 0-120 degrees Continue
appropriate previous exercises PROM,
AAROM, AROM through full range Wall squats
– No knee flexion past 45 degrees Standing
SLR x 4 with Theraband bilaterally Forward,
lateral and retro step downs
– No knee flexion past 45 degrees (small step)
Proprioceptive ex – Single leg BAPS, ball toss, and body blade
Hamstring curls through full range – Carpet drag or rolling stool (closed chain)
Stationary bike – Progressive resistance and time
Elliptical trainer
Treadmill – Forwards and backwards walking

Goal – Full AROM

Weeks 9 – 12

D/C brace
Continue appropriate previous exercises with progressive resistance
PROM, AAROM, AROM to regain full motion
Hamstring curl weight machine
Knee extension weight machine
Hip weight machine x 4 bilaterally
Forward, lateral and retro step downs – Medium to large step
Treadmill – Walking progression program

Goal – Walk 2 miles at 15 min/mile pace

Continue appropriate previous exercises
Fitter
Slide board
Agility drills – figure 8s, gentle loops, large zigzags
Swimming
Stairmaster – Small steps
Treadmill – Running progression program
Quad stretches

Goal – Run 2 miles at normal pace

Months 4 – 6

Continue appropriate previous exercises
Agility drills / Plyometrics
Sit-up progression
Progressive weight training program
Running progression to track
Transition to home / gym program

Goals

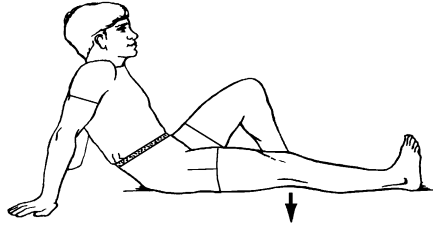
Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

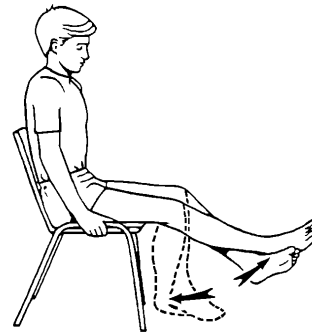
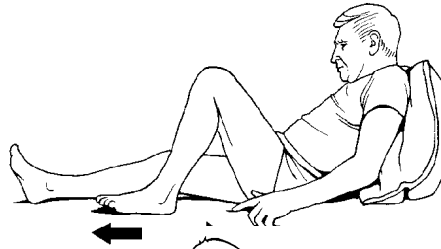
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics



Heel Slides



Active Assisted Motion

Ice Position 15 minutes 2-3 x per day

