

# Sports Medicine

## Medial PatelloFemoral Ligament Reconstruction Post Op Protocol

### Brace/Crutches:

- Weight bear as tolerated immediately post op w/ brace
- Brace when ambulating, otherwise brace not mandatory.
- 1-2 wks out of Brace as tolerated

Range of Motion:  
Increase ROM daily as tolerated.

### Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

### Aquatic Therapy:

- 3-6 wks (Flutter Kick Only)

### Bracing:

- Prescribed by physician

### Return to Activities:

Running: 8-11 wks  
Biking: 6-7 wks  
Sport: 12-16 wks

### Other Restrictions:



### **Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-3)**

Goal: Protect Graft, Control Inflammation

#### **A. Protection/Immediately Post-Op**

Full active and passive range of motion  
Quad Sets  
4 Way Hip Exercises  
Calf Raises  
Total Gym – Level 1-2

### **Phase 2 - Range of Motion (Post-Op Weeks: 3-6)**

Goal: Protect Graft, Restore normal gait, maintain full extension & progress flexion range of motion, control swelling.

#### **A. Progress range of motion**

Functional range of motion  
Gait Training & Quad Control out of brace as tolerated  
Exercise Bike as tolerated as range of motion allows  
If the patient had a tibial tubercle distalization procedure, we will limit flexion and straight leg raises.

### **Phase 3 - Strengthening (Post-Op Weeks: 6-7)**

Goal: Protect Graft, Protect patellofemoral joint, Keep Full range of motion, Improve strength, endurance, and proprioception

#### **A. Strengthening:**

Continue with Functional range of motion  
General Quad Strengthening  
Balance, Proprioception Exercises  
Outside Road Bike Allowed (Begin on flat then progress as tolerated)

### **Phase 4 - Functional Progression (Post-Op Weeks: 8-11)**

Goal: Strengthen, Neuromuscular control in functional activities, patient education to return to play

Progress flexibility and strengthening programs  
Running progression as tolerated  
Begin Functional exercises (Progress as tolerated)  
Progress to sport specific as tolerated

### **Phase 5 – Functional/Sport Return (Post-Op Weeks: 12-16)**

Return to full activity as tolerated with no pain, good strength & functional range of motion