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MEDIAL PATELLOFEMORAL LIGAMENT REPAIR (Rehabilitative Guidelines)

Revised June 2018

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 – if effusion resolved
Brace – Week 1: Locked in extension
– Week 2: Locked at 0-20 degrees
Crutches – WBAT (D/C when gait is WNL)
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/ham
SLR x 4 (parallel bars if poor quad control)
Double leg heel raises
Gentle HS stretching
Ice pack with knee in full extension after exercise

Goals

Pain/effusion control
No extensor lag

Weeks 2 – 4

Brace – Week 3: 0-45 degrees
– Week 4: 0-60 degrees
Crutches – D/C when gait is WNL
Continue appropriate previous exercises
Scar massage when incision healed
AAROM, AROM 0-60 degrees
SLR x 4 on mat – no resistance
Single leg heel raises
Stretches – HS, AT, Hip Flexors, ITB

Goals

Normal gait
ROM 0-60 degrees

Weeks 4 – 6

Brace – Week 5: 0-75 degrees
– Week 6: 0-90 degrees
Continue appropriate previous exercises
AROM, AAROM 0-90 degrees
Standing SLR x 4 with Theraband bilaterally
Mini squats, weight shifts – in parallel bars
Short arc quads
Total Gym to start closed chain activity
– Mini squats (level 3-5) – No flexion > 45 degrees
– Passive flexion to 90 degrees (push up with opposite leg)
Leg press with light resistance, 0-45 degrees
Hamstring curls 0-45 – closed chain (carpet drags or rolling stool)
Pool therapy

Goals

ROM 0-90 degrees
No effusion

Weeks 6 – 9

Brace – Week 7: 0-105 degrees
– Week 8/9: 0-120 degrees
Continue appropriate previous exercises
PROM, A/AROM, AROM through full range
Partial wall squats – No knee flexion past 45 degrees
Forward, lateral, and retro step ups/downs in parallel bars
– No knee flexion past 45 degrees
Proprioceptive training – single leg standing in parallel bars
double leg BAPS for weight shift,
progress to single leg BAPS, Ball Toss, and Body Blade
Hamstring curls through full range – closed chain
Stationary bike for progressive resistance and time
Stairmaster – low resistance with short steps only
Elliptical trainer
Treadmill – backwards and forwards walking

Goal -- Full ROM

Weeks 9 – 12

D/C brace
Continue appropriate previous exercises with progressive resistance
Hamstring curls – open chain
Knee extension exercises as tolerated
Treadmill – Walking progression program

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises
Functional activities – Fitter, slide board, figure 8s, gentle loops, large zigzags
Treadmill – Running progression program
Pool – Begin swimming laps
Quad stretches

Goal – Run 2 miles at normal pace

Months 4 – 6

Home/gym program
Agility drills / Plyometrics
Sit-up progression
Continue strengthening, stretching, proprioceptive training,
and running programs
Functional test at 6 months to clear for sports and discharge –
Must have 90% of opposite leg

Goals

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

No contact sports until 6 months post-op