

Medial Patella-Femoral Ligament Repair w/wo Tibial Shift

Phase I

Weeks 1-5

Weight-Bearing Status: WBAT – Use crutches to establish normal gait pattern, Post-op lite **locked** with weight-bearing – Until 6 week's post-op

Bracing: Post-op lite brace for AROM

Brace: 0-30 degrees @ 0-2 wks post-op

0-60 degrees @ 2-4 wks post-op

0-90 degrees @ 4-6 wks post-op

Gait: WBAT. Goal is to be full weight bearing by 14 days post op. Progress to weight bearing with one crutch prior to ambulating without crutches. Can progress to walking without crutches when patient can demonstrate walking with minimal limp.

Exercises: Active ROM

No PROM

Closed kinetic chain exercises only as allowed by WB status and
Brace ROM

Quad sets

Seated Ball Squeezes – VMO strengthening

Stretching exercises – Gastroc and Hamstring

Resisted hip exercises with weights proximal for abduction and adduction

Hip Strengthening

Heelslides

Resisted ankle exercises – Heel raises (brace locked)

Hamstring curls

Patellar – re-education tracking

Therapy adjuncts:

Cryotherapy

Modalities prn for pain, swelling control (lateral)

Russian in extension for muscle reeducation and strengthening

** Special Consideration: No weight bearing activity with knee in greater flexion than allowed by the brace.

**Bike @ 4 weeks without resistance (60-90 degree with brace on)

Phase II

Weeks 6-12

Weight-Bearing Status: Full weight-bearing

Bracing: D/C Brace

Exercises: Continue previous exercise program

Bike
Flexibility exercise
Leg Press
Mini Squats
Lunge – Forward and Backward
Band Walks
Proprioception activities
 Single leg balance
 BAPS board
 Rebounder

Therapy adjuncts: Continue previous as needed
Patient should have **Good Quad Tone, Full ROM and Full Strength** prior to moving on to next phase.

Phase III

3 Months –

Exercises: Continue with previous activities to increase flexibility, strength, and endurance.
Continue proprioceptive activity progressing as tolerated
Start jogging protocol – 15 minutes total time
 Walk 4 mins jog 1min 3x a wk for 1 wk
 Walk 3 mins jog 2 mins 3x a wk for 1 wk
 Walk 2 mins jog 3 mins 3x a wk for 1 wk
 Walk 1 min jog 4 mins 3 x a wk for 1 wk

Patellar Stabilizing Brace when Returning to Activities.

Phase IV

5 Months – Return to Sport Program

Begin functional strengthening program – sport specific modified plyometrics program

 Slow speed to high speed
 Bilateral to unilateral support
 Low to moderated heights
 Soft to hard surfaces

Functional activities progression
 Straight jogging – flat track
 Three-quarter speed running – flat track
 Full speed sprinting
 Lateral slides (defensive drills)
 Ladder Drills
 Zigzag drills – soft cuts

Criteria for return to Sport
 No signs of active inflammation
 Full ROM and normal flexibility
 Full LE strength
 Functional Test
 Vertical jump
 Bilateral
 Unilateral comparison

Standing broad jump
Bilateral
Unilateral comparison
Completion of functional progression leading to full participation in sport
Protective bracing as ordered by Physician

Disclaiming statement: The physician's orders supersede any standing protocols.