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MEDIAL PATELLOFEMORAL LIGAMENT REPAIR / RECONSTRUCTION

General Guidelines

- Immediate range of motion 0-90 degrees for 6 weeks
- Crutches for 2-3 weeks until quad control
- Long leg knee brace for 6 weeks
- Return to sports at 4 months

Post-op Days 1 – 14

Goals: Full extension and obtain good quad control

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Crutches – NWB 6 weeks

Therapy:

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, in brace (parallel bars if poor quad control)

Double leg heel raises

Gentle Hamstring stretching

Ice pack with knee in full extension after exercise

Weeks 2 – 4

Goals: ROM 0-90 degrees, no extensor lag, normal gait

Therapy:

Continue appropriate previous exercises Scar massage when incision healed

AAROM, AROM 0-60 degrees

SLR x 4 on mat, without brace – no resistance Single leg heel raises

Stretches – Hamstring, hip flexors, ITB

Weeks 4 – 6

Goals: ROM 0-90 degrees

Therapy:

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

Weeks 6 – 9

Goal: Full ROM, normal gait

Therapy:

DC long leg brace and convert to patellar stabilizing brace
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)
Stationary bike – Progressive resistance and time
Elliptical trainer
Treadmill – Forwards and backwards walking

Weeks 9 - 12

Goal: Walk 2 miles at 15 min/mile pace

Therapy:

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

Months 3 - 4

Goals: Run 2 miles at 15 min/mile

Therapy:

- 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

Months 4 - 6

Goals: Return to full activities

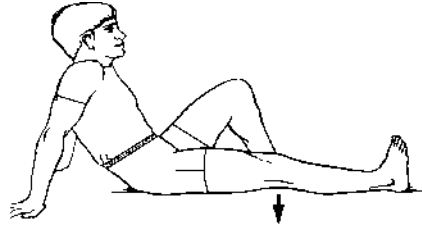
Therapy:

- Continue appropriate previous exercises
- Sit-up progression
- Weight training program
- Transition to home / gym program

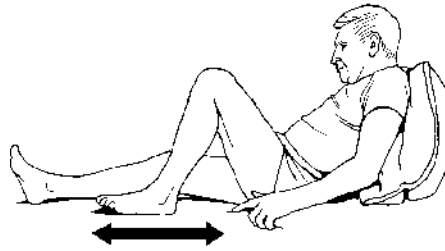
Knee Post Op Phase 1

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**

