

Robert Kollmorgen DO

MEDIAL PATELLOFEMORAL LIGAMENT REPAIR / RECONSTRUCTION

Revised August 2017

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

AAROM, 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

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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

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Months 3 – 4

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 at 6 months post-op

No contact sports until 6 months post-op