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MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION POST-OPERATIVE REHABILITATION PROGRAM

Phase I

Maximum Protection Phase: Weeks 1-4

Stage I: Immediate post-surgery day 1 through 7

Weight bearing- PWB with bilat. crutches and brace locked to 0°

Ice, compression, elevation

Electrical Muscle Stimulation to VMO as needed with strengthening exercise

Passive Range of Motion 0°-30°

Gradual increase in flexion ROM based on assessment of pain.

Exercises:

Quadriceps isometrics at 0° and 30°

Hamstring and glute. isometrics in neutral hip extension

Hip Abd/Adduction in side lying

Supine straight leg raise

Stage II: Weeks 2-4

Weight bearing – WBAT with brace locked at 0° and bilat. crutches

Active Range of Motion 0°-45°

Gradual increase in flexion ROM based on assessment of pain.

Continue NMES to VMO

Initiate unilat. Proprioceptive training

Exercises:

Progress exercises above

Initiate OKC hip IR/ER strengthening

Initiate SAQ 0°-30° once SLR without lag is achieved

Phase II

Moderate Protection Phase: Weeks 4-8

Criteria to progress to phase II

1. ROM 0°-45°
2. No baseline pain or effusion
3. Straight leg raise without extensor lag

Stage I: Weeks 4-6

WBAT with brace unlocked 0°-45° weaning from crutches by 6 weeks post-op

AROM 0°-90°

Initiate CKC strengthening from 0°-45°

Initiate LAQ from 0°-90°

Stage II: Weeks 6-8

FWB without brace, introduce patellar tracking device/orthosis

AROM: Full

Initiate OKC/CKC strengthening in all planes and ROM as tolerated

Initiate low impact endurance program:

Swimming

Cycling

Pre Core Machine

Nordic Track

Stair Master

Pool Running

Phase III

Advanced Phase: Weeks 8-12

Criteria to progress to phase III:

1. Full symmetrical AROM/PROM
2. Normal gait pattern on level surfaces

Progress OKC/CKC strengthening

Progress Unilat. coordination/ proprioceptive training

Initiate Treadmill jogging

Phase IV

Return to Activity Phase: Weeks 12-16

Criteria to progress to phase IV:

1. Normal jogging gait
2. Symmetrical unilat. proprioception with weight shift and static single leg stance

Initiate agility training

Initiate plyometric program as appropriate for sport activity

Initiate sport specific movements

Return to Sport and Discharge Criteria:

1. $\geq 85\%$ knee extension and flexion strength on operative side with isokinetic testing.
2. Approximately 3:2 Quadriceps:Hamstring ratio with isokinetic testing
3. Average “Y Balance Test” asymmetry of $< 4\text{cm}$ all planes
4. Functional Movement Screen score of ≥ 14 without asymmetry or any score < 2

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