

Medial Patellofemoral Ligament Reconstruction

Dr. Murphy

General Considerations:

- **Limit Motion Early**
- **NWB May Change per MD discretion**

Time Frame	Considerations	Treatment	Goals
Phase I 0-2 weeks	<ul style="list-style-type: none"> • ROM 0-30° in brace P-AAROM • Edema Control • Pain Control • NWB x 2 weeks. • Brace Locked in Extension when up 	<ul style="list-style-type: none"> • Ice • Elevation • Compression • Prone ROM 0-30° • Quad Sets 	<ul style="list-style-type: none"> • Pain free at rest
Phase II 2-4 weeks	<ul style="list-style-type: none"> • WBAT brace locked in full extension • ROM 0-60° 	<ul style="list-style-type: none"> • Continue Quad Sets • SLR x 4 directions • SAQ 0-30° 	<ul style="list-style-type: none"> • Pain free at rest • No Lag with SLR
Phase III 4-6 weeks	<ul style="list-style-type: none"> • WBAT brace locked in full extension • ROM 0-90° 	<ul style="list-style-type: none"> • Continue as above 	<ul style="list-style-type: none"> • Pain free ROM 0-90°
Phase IV 6-12 weeks	<ul style="list-style-type: none"> • WBAT at 6 weeks • 90° by 6 weeks • Full ROM by 9 weeks 	<ul style="list-style-type: none"> • Closed chain quad strengthening • Functional strength training • Bike for ROM within restrictions • Proprioception as tolerated 	<ul style="list-style-type: none"> • Full ROM • Pain free ambulation
Phase V 12 weeks	<ul style="list-style-type: none"> • Full ROM • Progress to Impact Activity 	<ul style="list-style-type: none"> • Low level plyometrics • Progress to functional/sport specific exercise 	<ul style="list-style-type: none"> • Full return to activity without restrictions per MD discretion