

MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION / REPAIR

Phase I: 0-4 weeks	Phase II: 4-6 weeks	Phase III: 6-12 weeks+
ROM: wk 0-1: 0 wk 1-3: 0-90 wk 3-4: 0-100	ROM: wk 4-5: 0-110 wk 5-6: 0-120 D/C brace	ROM: wk 6-8: Full
WB: Brace locked for ambulation. 2-4 wks unlock brace for WB depending on quad control wk 0-1: TTWB wk 1-2: 25% wk 2-3: 50% wk 3-4: 75%	WB: wk 4-6: 100% with crutches D/C crutches depending on quadriceps control	WB: Full with no limitations
Modalities: Cryotherapy 4x/day IFC for pain/effusion NMES quadriceps	Modalities: Cryotherapy IFC for pain/effusion NMES quadriceps	Modalities: Cryotherapy NMES quadriceps
<p>RX: Recommendations: Sapega-McClure technique: 1. Active warm-up: Bike per ROM 2. Heat in stretch: Prone hang 1st TERT TERT= Total End Range Time 3. Mobilizations / ROM: PF mobs– avoid lateral glides Scar tissue massage 4. Therapeutic exercises: Flexibility exercises: Hams, Gastroc-soleus, Hip Biofeedback QS w/ adductor squeeze, SLR M<I quad/hamstrings per ROM Short arc quadriceps per ROM if no chondrosis Hamstring isotonic per ROM Hip 4 way SLR Gastroc strengthening per WB CKC leg press starting at 2 weeks per ROM and WB Balance/proprioception exercises per WB CV conditioning, Core stability, Upper body exercises</p> <p>5. Ice in stretch: 2nd TERT 6. HEP for 3rd TERT</p> <p style="text-align: right;">Updated 11/03</p>	<p>RX: Recommendations: Sapega-McClure technique: 1. Active warm-up: Bike per ROM 5 wks add resistance to bike, Elliptical 2. Heat in stretch: 2nd TERT 3. Mobilizations / ROM: PF mobs– avoid lateral glides Scar tissue massage 4. Therapeutic exercises: Flexibility exercises: Hams, Gastroc-soleus, Hip, Quads Biofeedback QS w/ adductor squeeze, SLR, CKC knee ext, minisquats, wall slide Short arc quads/hams in ROM without chondrosis Total leg strengthening Hamstring isotonic 6 wks sub-max OKC quads 0-45 w/ gradually increasing resistance Hip 4 way SLR Heel raises CKC exercises- leg press, step-ups, partial lunges, squats 0-90 Balance/proprioception CV conditioning, Core stability, Upper body exercises</p> <p>5. Ice in stretch: 2nd TERT 6. HEP for 3rd TERT</p>	<p>RX: Recommendations: Sapega-McClure technique as needed (see previous) Bike, Elliptical Runner, Stairmaster Flexibility exercises Biofeedback Total Leg Strengthening Hip strengthening Heel raises Hamstrings isotonic 6 wks quad isotonic 0-45 8 wks quad isotonic 0-90 Isokinetic quad/hams in ROM without chondrosis CKC exercises- leg press, step-ups, lunges, squats Balance/proprioception CV conditioning, Core stability 12 weeks Add impact activities if 75% strength</p> <p>Testing: 12 wks Linea 16 wks Linea, Biodex 18-24 wks Linea, Biodex, FXN tests</p> <p>Return to Work/Sport No pain or effusion Full ROM Isokinetic Strength- 90% Functional Tests – 90% MD approval Return to sports 4-6 months</p>