

**MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION
REHABILITATION PROTOCOL**
(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
WEEK 1-2:	<ul style="list-style-type: none"> • Touch Down Weight Bearing (1/6th body weight) 	<ul style="list-style-type: none"> • Locked at 0° extension • OK to remove for exercises, hygiene • Wear at night while sleeping 	<ul style="list-style-type: none"> • As tolerated 	<ul style="list-style-type: none"> • Flexion: Heel slides to patient tolerance • Extension: Passive knee extension using towel roll, prone hangs • Strengthening: Quad setting with knee support, Straight leg raises with brace locked in extension until quad strength prevents extension lag, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening
WEEK 2-6:	<ul style="list-style-type: none"> • Weight bearing to tolerance, wean from crutch use 	<ul style="list-style-type: none"> • Continue to wear hinged knee brace • Unlock brace when quad control is adequate for knee support • May remove brace for exercise, hygiene and for sleeping if desired 	<ul style="list-style-type: none"> • As tolerated, goal for knee flexion is 90° 	<ul style="list-style-type: none"> • No weight bearing exercise at flexion angle > 90° • Flexion: wall slides, heel slides, sitting flexion • Extension: Passive knee extension using towel roll, prone hangs • Open kinetic chain: straight leg raise, Hip abd/adduction, hip extension, hamstring set or prone hamstring curl • Closed Kinetic Chain: Heel raises, leg press with minimal resistance, weight shifting onto single leg • Trunk stabilization • Manual Interventions: patellar mobs, tibiofemoral mobs into extension, soft tissue as indicated
	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE

WEEK 6-12:	<ul style="list-style-type: none"> • Full weight bearing without crutches 	<ul style="list-style-type: none"> • Patellar stabilization brace when ambulating 	<ul style="list-style-type: none"> • Continue to advance to full painless ROM 	<ul style="list-style-type: none"> • Stationary Bike • Closed Kinetic Chain: step downs, single leg balance, terminal active knee extension to 0° against resistance, full squat to 90°, single leg squat, elliptical, treadmill walking if gait pattern is functional • Wall Sits • Lunges
MONTH 3-4:	<ul style="list-style-type: none"> • Full weight bearing without crutches 	<ul style="list-style-type: none"> • Patellar stabilization brace for sport activities only 	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Advance strengthening • Proprioception / Plyometrics • Treadmill jogging / elliptical • Agility drills, sport specific drills
MONTH 4-6:	<ul style="list-style-type: none"> • Full weight bearing 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Gradual return to sport • Home Maintenance Program