Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Medial Patellofemoral Ligament Reconstruction with Allograft, With or Without Loose Body Removal, No Osteotomy

Phase I: 0-2 weeks

- Brace: Locked at 0 degrees extension for ambulation & sleeping
- ROM: 0-30 deg permitted with emphasis on full extension
- Weightbearing: WBAT in extension with crutches
- Exercises:
  - Straight leg raise supine with brace locked at 0 degrees
  - Quad sets
  - Ankle pumps

Phase II: 2-6 weeks

- Brace: Locked at 0 degrees extension for ambulation & sleeping
- ROM:
> Weeks 2-4: 0-60 deg permitted with emphasis on maintaining full extension
> Weeks 4-6: 0-90 deg permitted with emphasis on maintaining full extension
- Weightbearing: WBAT
- Exercises:
  - Straight leg raise supine with brace locked at 0 degrees
  - Quad sets
  - Ankle pumps
  - Proprioception & balance training
  - Floor-based core and glute strengthening

Phase III: 6-14 weeks

- Brace: D/C brace and wean from crutches
- ROM: full
- Weightbearing: WBAT
- Exercises:
  - Progressive squat program
  - Initiate step down program
  - Leg press, lunges
  - Isotonic knee extension (90-40 degrees, closed chain)
  - Agility exercises (sport cord)
  - Versaclimber/Nordic Track
  - Retrograde treadmill ambulation

Phase IV: 14-22 weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
  - Begin elliptical under PT supervision
  - Begin forward in-line jogging & running (treadmill) program when 8" step down satisfactory

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- Continue strengthening & flexibility program
- After satisfactory in-line function, begin to advance sports-specific agility drills beginning at 16 weeks
- Start plyometric program

Phase V: 22+ weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
  - Advance plyometric program and sports-specific drills
  - Return to sport-- MD directed, typically ~5-6 months postop depending on sport

*May require functional sports assessment prior to clearance to return to sport
Some patients will require patellar stabilizing brace

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