

Palmetto Health USC

ORTHOPEDIC CENTER

104 Saluda Point Drive
Lexington, SC 29072
(803) 296-9205

Medial Patellar Femoral Ligament Repair

PHASE I (0-2 weeks)

ROM: 0-tolerance. (90° max)

BRACE: locked at 0° WBAT, seated allowed to open brace for comfort

EXERCISES: ankle pumps

Quad sets

Hamstring sets

SLR, S/L ADD (ankle weights if no extensor lag)

Hamstring stretches

Gastroc stretches

Patellar mobs—superior/inferior, medial (no lateral)

NMES, Biofeedback (Quads)

CPM @ MD discretion

PHASE II (2-4 weeks)

ROM: 0-tolerance. (110° max)

BRACE: 0-70°, WBAT D/C crutches by 4 weeks depending on quad control

EXERCISES: Quad set with ADD squeeze

4 way SLR

SAQ (if no chondrosis)

Multiangle isometrics

Hamstring curls

CCTKE

Leg press 0° - 60°

Proprioception

Single leg balance in brace

Hamstring stretches

Calf stretches

Calf raises

Core strengthening

NMES, Biofeedback

**CPM
Patellar Mobs (no lateral)**

PHASE III (5-6 weeks)

ROM: progress to full ROM

EXERCISES: Bike

Mini squats

Wall slide

Partial lunges

Step ups (forward/lateral)

Sports cord after full ROM achieved

PHASE IV (6-12 weeks)

EXERCISES: Bike

Elliptical

Stepper

OKC & CKC without chondrosis

Lunges

Squats

****Impact & agility @ 12 weeks if strength 75%**

FINAL PHASE (4-6 MONTHS)

Return to sport if strength 90%, full painfree ROM, no pain, no effusion

*****Stay in hinge brace until quad strength is adequate to defeat gravity.*****