

Medial Patella Femoral Ligament Repair Guidelines

 NMC <small>NORTHWESTERN MEDICAL CENTER</small>	Document Classification	<input type="checkbox"/> Policy <input type="checkbox"/> Procedure <input checked="" type="checkbox"/> Guideline
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Purpose: Define the process to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

Target Users: Treatment will follow the defined guidelines below and be carried out by Physical Therapist, Athletic Trainer and/or Physical Therapy Assistants. Variances will be communicated by the surgeon directly to the rehabilitation staff.

Definitions: NA

Guidelines:

I. IMMEDIATE POST-OPERATIVE PHASE (Week 1) –Begin outpatient PT POD 3.

Goals:

- Minimize edema and pain
- Quality quadriceps isometric contraction

Weight Bearing: WBAT with crutches

Brace: locked in extension

Edema Control: Ice/cryocuff

Elevation

Tensogrip/kinesiotape

ESTIM as indicated

Motion: ROM to 30° of flexion

Suggested Exercises:

A/PROM knee 0-30°

Quadriceps isometrics

Ankle pumps

Straight Leg Raises

Hip Adduction

Flexibility: Hamstring Stretches, Calf Stretches

II. ACUTE PHASE (Week 2-6)

Goals:

- Resolve edema and pain
- Quad strengthening especially VMO
- Progression of ROM

Weight Bearing: WBAT wean from crutches

Brace: Open brace to 0-30° when able to perform SLR without lag then progressively open brace per motion guidelines below.

DC brace to sleep at 2 weeks

Edema Control: Ice/cryocuff

Elevation

Tensogrip/kinesiotape

ESTIM as indicated

Motion: at least : 0- 60° week 2

0-90 week 4

Full week 6-8

Suggested Exercises:

Continue phase 1 exercises add-

Knee extension 60-0 within pain free arc

Initiate Quadriceps muscle training

Proprioception training

Stationary bike in brace when ROM allows

III. SUBACUTE PHASE - MODERATE PROTECTION (Week 6-12)

Goals:

Improve muscular strength and control without exacerbation of symptoms. Functional exercise movements

Criteria to Progress to Phase III:

1. Minimal inflammation/pain
2. ROM (0-near full flexion)
3. Strong quadriceps contraction

Brace: DC at 6 weeks

Suggested Exercises: muscle stimulation to quadriceps (if needed)

4-way Hip Machine (hip adduction, abduction, extension, and flexion)

Lateral Step-Ups (if able)

Front Step-Ups (if able)

Squats against wall (0-60 degrees)*

Proprioception and balance activities

Responsibilities:

Variances will be communicated by the surgeon directly to the rehabilitation staff.

References:

Clinical Orthopedic Rehabilitation a Team Approach

Fourth Edition Giangarra, Charles, Manske, Robert, Brotzman S. Brent copyright 2018