



## Medial Patella Femoral Ligament Repair Protocol

<b>Applicability:</b> Physician Practices	<b>Date Effective:</b> 03/2017
<b>Department:</b> Rehabilitation Services	<b>Date Last Reviewed:</b> 1/2018
<b>Supersedes:</b> n/a	<b>Or</b> <b>Date Last Revision:</b>
<b>Administration Approval:</b> Amy Putnam, VP Physician Services	

**Purpose:** To define the protocol to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

**Policy Statement:** Treatment will follow the defined protocol below and be carried out by Physical Therapist, Athletic Trainer and/or Physical Therapy Assistants.

**Background:** n/a

**Definitions:**

**Procedure:**

### 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 painfree 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

**Note Well:** n/a

**Monitoring Plan:** Rehab chart audits

**Related Policies:** n/a

**References:** n/a

**Reviewers:** Rehab and Orthopedics



- A. Key Stakeholders:** Michael Barnum, Ortho Medical Director
- B. Committees:** n/a
- C. Key Process Owner (KPO):** Kristy Cushing, Rehab Manager. Karen Staniels Director of Ortho Rehab

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*Not part of policy:* [ADD Key words for policy search if end user didn't know the name]