



Medial Patella Femoral Ligament Repair Protocol

Applicability: Physician Practices	Date Effective: 03/2017
Department: Rehabilitation Services	Date Last Reviewed: 10/2016
Supersedes: n/a	Or Date Last Revision:
Administration Approval: 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

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