



Post-Operative Rehabilitation for Medial Patellofemoral Ligament Allograft Reconstruction

Phase I: Weeks 0-2

- Weight Bearing as tolerated
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - Flexion 0-90°
- Exercises
 - Heel slides, Quad/Hamstring sets, SLR, ,Ankle pumps, heel props, prone hangs, calf stretching

Phase II: Weeks 2-6

- Weight Bearing as tolerated
- ROM:
 - Maintain symmetric extension
 - Progress flexion
- Exercises:
 - Progress weight bearing,
 - Begin closed chain exercises, toe raises, hamstring curls
 - Begin Core/glute exercises (floor based)
 - Begin balance exercises
 - May begin stationary bike

Phase III: 6 weeks-4mo.

- Maintain full ROM
- Exercises:
 - Progress closed chain exercises
 - Proprioception exercise/balance training
 - Maintain core/glute/hip strength
 - Begin elliptical
 - May begin straight ahead jogging at 12 weeks, under supervision of PT

Phase IV: 4-6 mo.

- Exercises:

- Advance strength/flexibility and functional activities
- Continue to maintain core/hip/glute strength
- Progress running, agility and begin plyometric program
- Sport specific drills at 16 weeks
- Return to sport AFTER MD CLEARANCE