



## **Post-Operative Rehabilitation for Medial Patellofemoral Ligament Repair**

### **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 -12 weeks**

- 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: 3-5 mo.**

- Exercises:
  - Advance strength/flexibility and functional activities
  - Continue to maintain core/hip/glute strength
  - Progress running, agility, begin plyometric program and sport specific drills at 12 weeks
  - Return to sport AFTER MD CLEARANCE