Proximal or Distal Realignment +/- Medial Patellofemoral Ligament Reconstruction Rehabilitation Program

Name:____________________________________________________________ Date:____________________

Diagnosis:______________________________________________________ Date of Surgery:____________

Phase I –Immediate Postoperative Phase (Day 1-5)

- Goals:
  - Diminish swelling/inflammation (control hemarthrosis)
  - Diminish postoperative pain
  - Initiate voluntary quadriceps control
  - Independent ambulation

- Brace:
  - Brace for ambulation only (POD 1 to Week 6)

- Weight-bearing
  - Toe touch weightbearing (Week 1-4)

- Swelling/Inflammation Control
  - Cryotherapy
  - Compression bandages
  - Elevation & ankle pumps

- Range of Motion
  - Full passive knee extension
  - Flexion to 45° (day 1-4)
  - Flexion to 60° (day 5)
  - PROM and gentle AAROM only
  - CPM machine set at 30 degrees. The machine should be used 6 hours per day (2 hours in the morning, 2 hours in the afternoon, and 2 hours in the evening). Use for 1 month after surgery. Do not wear leg brace or cooling device while using CPM machine.

- Flexibility
  - Hamstring and calf stretches
  - PROM/AAROM within ROM limitations

Phase II –Acute Phase (Week 2-4)

- Goals:
  - Control swelling and pain
  - Promote healing of realignment tibial tuberosity
  - Quadriceps strengthening

- Brace
  - Continue brace for ambulation only

- Weight-bearing
  - Continue toe touch weightbearing

- Swelling/inflammation
  - Continue use of cryotherapy
  - Compression bandage
  - Elevation

- Range of motion
  - PROM/AAROM exercises
  - ROM 0-75° (week 1-3)
  - ROM 0-90° (week 4)
Electrical muscle stimulation to quads
- Quad setting isometrics
- Straight leg raises (flexion)
- Hip adduction/abduction
- Hip extension
- GENTLE submaximal isometric knee extension
- Week 4
  - Light leg press
  - Vertical squats (no weight)

Flexibility
- Continue hamstring, calf stretches

Phase III – Subacute Phase “Motion” Phase (Week 5-8)

Goals
- Gradual improvement in ROM
- Improve muscular strength and endurance
- Control forces on extension mechanism

Weight-bearing
- Progress to full weightbearing (week 5-6)
- One crutch (week 4-6)
- Discontinue crutch (week 6)

Range of motion
- PROM 0-115°
- PROM 0-125°
- PROM 0-125/135°

Exercises
- Continue electrical muscle stimulation to quadriceps
- Quadriceps setting isometric
- Hip adduction, abduction, and extension
- Vertical squats
- Leg press
- Knee extension light (0-60°)
- Bicycle (week 6-8)
- Pool program [walking, strengthening (when able)]

Flexibility
- Continue all stretching exercises for LE

Phase IV – Strengthening Phase (weeks 9-16)

Criteria to Progress to Phase IV
- ROM at least 0-115 degrees
- Absence of swelling/inflammation
- Voluntary control of quads

Goals
- Gradual improvement of muscular strength
- Functional activities/drills

Exercises
- ½ vertical squats (0-60°)
- Wall squats (0-60°)
- Leg press
- Forward lunges
- Lateral lunges
Phase V – Return to Activity Phase

- Criteria to enter Phase V
  - Full non-painful ROM
  - Appropriate strength level (80% or greater of contralateral leg)
  - Satisfactory clinical exam

- Goals
  - Functional return to specific drills

- Exercises
  - Functional drills
  - Strengthening exercises
  - Flexibility exercises

Comments:

Frequency: _____ times per week         Duration: ______ weeks

Signature: ___________________________          Date: ____________________