



**Medial Patellofemoral Ligament Repair Protocol**  
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### **SURGERY TO 6 WEEKS**

- Physical therapy 1x per week
- Protect surgical site
- Restore knee ROM
- Normalize gait
- Manage post-operative edema
- Restore quad control

Precautions:

- Brace locked in extension
- WBAT crutches as needed with brace on
- ROM limitations 0-90 degrees

Therapeutic Exercises:

- Quad sets
- 4-way lifts with brace on for hip strengthening
- Ankle theraband

### **7-11 WEEKS POST OP**

- Physical therapy 1-2x per week
- Goal of protective quad control

Precautions:

- Use a lateral buttress knee sleeve for all activities
- Begin gentle bilateral closed chain strengthening with shallow arc of motion (0-45 degrees)

Therapeutic Exercises:

- Functional single plane closed chain movements, double leg press, mini squats
- Balance and proprioception exercises
- Continued progression of ROM
- Stationary bike
- Hip and core strengthening
- Avoid valgus or medial knee positioning

Progression Criteria:

- Normal gait on level
- Good leg control without pain, apprehension or lag
- Single leg stand greater than 15 seconds

## 12-14 WEEKS POST OP

- Continue physical therapy 1-2x per week
- Goals of full ROM, no effusion, improved quad, hip and core strength, improved balance

### Precautions:

- Avoid closed chain exercises with knee flexion over 90 degrees to minimize oversteering
- Surgical repair
- Avoid post activity swelling

### Therapeutic Exercises:

- Continue ROM
- Stationary bike
- Single leg press to 90 degrees
- Stretching for patient specific imbalances
- Initiate low amplitude agility drills in sagittal plane – avoid frontal and transverse initially due to potential for dynamic valgus

### Progression Criteria:

- Full ROM
- No effusion
- Single leg balance with 30 degrees of knee flexion for 15 seconds
- Good alignment and no pain with squats and lunges

## 15-18 WEEKS POST OP

- Continue therapy once every 2-3 weeks
- Goals of good eccentric and concentric multi-plane dynamic neuromuscular control to consider return to work/sports

### Precautions:

- Post-activity soreness should resolve within 24 hours
- No swelling after activity

### Therapeutic Exercises:

- Impact control exercises beginning 2 feet to 2 feet, progressing to 1 foot to the other then 1 foot to the same
- Movement control exercises begin low velocity single plane to higher velocity multi-plane
- Sport/work specific exercises
- Continue hip and core strengthening

This protocol provides the rehabilitation specialist with general guidelines for the rehabilitation of the patient undergoing a medial patellofemoral ligament repair.

Questions regarding the progress of a specific patient are encouraged and should be directed to 952- 442-8201 or [rehabprotocols@tcomn.com](mailto:rehabprotocols@tcomn.com).