



# Orthopaedic Associates of Zanesville

## Post Operative Physical Therapy Guidelines

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### Medial Patellofemoral Ligament Reconstruction

*The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.*

#### 0-6 Weeks:

- WBAT, Brace locked at 0° for ambulation and sleeping
- ROM 0-90° with emphasis on full extension
- SLR supine with brace locked at 0°, Quad Sets, Ankle Pumps
- Proprioception Training

#### 6-14 Weeks:

- D/C Brace and wean from crutches
- Progressive Squat program
- Initiate Step-Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40°, closed chain preferred)
- Agility exercises (sport cord)
- Versa climber/Nordic Track
- Retrograde treadmill ambulation

#### 14-22 weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

#### >22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)