



Medial Patellofemoral Ligament Reconstruction Rehabilitation Guidelines

POST SURGERY

Phase 1 (1 – 4 days)

- Physiotherapy to commence knee range of motion exercises (+/- use of CPM machine) as appropriate. Mobilise weight bearing as tolerated on elbow crutches.
- Commence active quadriceps and hamstring exercises.
- Discharged home when safe, with 90° of active flexion, full extension and the ability to straight leg raise

Phase 2 (First 2 weeks) Outpatient Department appointment at 2 weeks for removal of Sutures

- Reduce swelling, increase range of movement, increase quadriceps, hamstring and VMO activation including closed chain as appropriate.
- Progress weightbearing as able.
- Hydrotherapy as well as physiotherapy can be undertaken at this stage
- No driving (right 6 weeks, left 8 weeks)

Phase 3 (2 weeks - 6 weeks)

- Progress exercises to include closed chain quadriceps, hamstrings and VMO.
- Commence balance exercises as appropriate.
- Wean off crutches as pain and quadriceps control allows.
- Consider scar mobilisation and desensitisation as appropriate

Phase 4 (6 to 12 weeks) Outpatient department appointment at 12 weeks for progress check

- Progress towards full range of movement.
- Progress strength through range.
- Increase closed chain exercises and balance work as able

Phase 5 (3 - 6 Months)

- Commence light jogging when patient has good quadriceps control and no effusion.
- Progress gradually to dynamic stability and gradual sport specific training, returning to sports between 4-6 months

Contact us

To contact the Consultants' Secretaries, call Sulis Hospital on 01761 422222 or to contact the Physiotherapy team call 01761 422388.

Medial Patellofemoral Ligament Reconstruction post-op Protocol		Classification: Company Confidential
Document type: Post-op Protocol	Page: 1 of 1	Author: Darren James
Effective Date: June 2022	Version: 2	Next Review: June 2024