

Patello-Femoral Ligament Repair Protocol

(aka: Proximal Patellar Re-Alignment)

- A. 0-3 weeks post-op
 1. Gait: WBAT using crutches, IROM locked at 0°
 2. Brace – IROM locked at 0° for ambulation and to sleep in
 3. ROM restrictions: 0-90°
 4. Frequent cryotherapy and modalities as indicated
 5. Exercise
 - a. Gentle ROM within restrictions: following active flexion / passive extension principles
 - b. Limited quad work to regain control: Q-sets, biofeedback, gentle russian stimulation
 - c. Other: ankle pumps, HS sets, seated towel gastroc stretch, seated HS stretch
 - d. Medial patellar mobilization
- B. 3-6 weeks post-op
 1. Gait
 - a. Continue WBAT, wean from AD if ambulating with brace on
 - b. Now with focus on proper heel-to-toe mechanics as brace is opened
 2. Brace
 - a. Open flexion 10° less than patient's active flexion measurement
 - b. Lock at 0° in hazardous environments
 3. ROM: Increase ROM work by 10° per week
 4. Continue cryotherapy and modalities as indicated
 5. Exercise
 - a. Progressive OKC and CKC strength work within brace restrictions
 - b. Progressive balance / proprioceptive work
 - c. Progressive hip and core work
 - d. Non-impact cardio as ROM allows
- C. 6-12 weeks post-op
 1. ROM restrictions: To tolerance
 2. Brace: Wean from use as physician directs
 3. Continue cryotherapy and modalities as needed
 4. Exercise
 - a. Continue as above, VMO focused
 - b. Progressive non-impact cardio
 - c. 8-10 weeks post-op start light progressive agility and footwork drills
 - d. 10-12 weeks post-op start jog progression as physician directs
- D. 12 weeks post-op
 1. Progressive high level agility
 2. Progressive plyometrics and sport specific activities