Patello-Femoral Ligament Repair Protocol

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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