



Medial Patellofemoral Ligament Reconstruction

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| 0 – 2 weeks post-op | <ul style="list-style-type: none">-Full AROM and PROM-WBAT in brace (locked in extension)- Brace is primarily when ambulating, otherwise brace is not mandatory.-Quad Sets, 4-way hip exercises, Calf raises-Total Gym level 1-2 OK |
| 3 – 6 weeks post-op | <ul style="list-style-type: none">-Functional ROM-Gait Training and quad control out of brace as tolerated -Exercise bike as tolerated when motion allows-Flutter kick in pool-Transition to patella stabilizing brace |
| 6-7 weeks post-op | <ul style="list-style-type: none">-Continue with Functional ROM-General Quad strengthening-Balance, proprioception-Outside road bike (begin on flat and progress as tolerated) |
| 8-11 weeks post-op | <ul style="list-style-type: none">-Running progression as tolerated-May begin Functional exercises and progress to sport specific as tolerated. |
| 12-16 weeks post-op | <ul style="list-style-type: none">-Return to full activity as tolerated with no pain, good strength and Functional ROM |