

MEDIAL PATELLAFEMORAL LIGAMENT RECONSTRUCTION

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE 1 0 - 6 weeks	touchdown weight bearing	0-2 weeks: unlocked 0 - 60 degrees	0 -2 weeks: 0- 60 degrees	0-2 weeks: patella mobs - NO lateral glide quad sets, hamstring stretch, calf stretch, standing SLR with brace
	2-4 weeks: 50-75% WB	2 - 4 weeks: unlocked 0 - 75 degrees	2 - 4 weeks: 0 - 75 degrees	supine SLR with brace locked, modalities as needed, toe raises
	4-6 weeks: 100% WB at 4 weeks	4 - 6 weeks: unlocked 0 - 90 degrees	4 - 6 weeks: 0 - 90 degrees	2-4 weeks: SLR all planes, toe raises, multihip, prone hang if needed 4-6 weeks: weight shifts, terminal knee extension, hip flexion,
PHASE 2 6-12 weeks	6-8 weeks FWB as tolerated if full extension and good quad control	unlocked 0 - 120 8 weeks: discontinue use	0 - 120	leg press, hamstring curls, balance, bike
	normal gait	none	full rom	advance closed chain, balance activity proprioception. elliptical, straight running when able
PHASE 3 12-16 weeks				
PHASE 4 4 months plus	full	none	full, painfree	full flexibility, strength, balance, proprio- ception. Sport cord run- forward/back, laterals, carioccas, figure 8, begin sport specific activities for return to sport