



THE STONE CLINIC

ORTHOPAEDIC SURGERY, SPORTS MEDICINE AND REHABILITATION

PATELLOFEMORAL LIGAMENT RECONSTRUCTION REHABILITATION PROGRAM

General considerations:

- Patients are weight bearing as tolerated.
- Crutch use as needed post-operatively for safety and to maintain good gait pattern and posture.
- Can wean to single crutch or cane use, then to no assistive device once able to walk with normal, safe gait pattern and with confidence in involved leg.
- Range of motion will be locked in full extension in a brace for 4 weeks.
- In Therapy, progression of flexion for week one is 0-30 degrees, week two 30-60 degrees, week three to four progressing up to 90 degrees and adding passive range of motion to 90 degrees in home exercise program.
- Important not to push for flexion past 90 degrees for first 4 weeks to protect repair.
- NO PATELLAR MOBILIZATIONS FOR 4 WEEKS.**
- Regular attention to proper quadriceps recruitment and knee mechanics will optimize outcome.
- Return to sport and activities are dependent upon passing a functional sports test.

Week 1:

-Nurse visit day 2 for dressing change, review of medications and instruction on a home program.

Manual:- Effleurage for edema, gentle soft tissue mobilization.

-Passive flexion should be limited to 0-30 degrees.

Exercise:- Ankle pumps, quad-sets (every 30 mins), leg raises in multiple planes.

-Extension stretching to hamstrings and calves to maintain extension range of motion.

-Well-leg stationary cycling and UBE. Upper body weight machines and trunk exercises.

-Initiate single-legged stance balance/coordination activities with fingertips on stable surface (kitchen counter-top).

Goals:

Gait weight bearing as tolerated with brace locked in extension.

Passive range of motion 0-30 degrees.

Weeks 2-4:

Exercise:- Continue to progress weight bearing and functional mobility as able.

-Progress balance and proprioception activities, add calf raises.

Manual:- Continue with effleurage for edema, gentle soft tissue mobilization.

-Passive flexion for WEEK TWO should be limited to 30-60 degrees of flexion, WEEK THREE and FOUR progress to 90 degrees. At this time, patient should be able to hang knee off of table twice a day for passive flexion at home.

Goals:

Gait weight bearing as tolerated with brace locked in extension.

Passive range of motion 0-60 degrees by week 2, 0-90 degrees by week 4.



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Weeks 4-6:

- M.D. visit at 1 month post-op.
- Brace open without range of motion limitations for day-to-day activities and exercises.

Manual: -Continue with soft tissue mobilization.
-Begin gentle patellar mobilizations/ initiate scar mobilization after week 4.

Exercise: -Light or no resistance stationary two-legged biking with high seat position without brace.
-Progress knee bending stretches with self assisted technique (strap, other leg, wall, etc)
-Light resistance leg press less than 90 degrees knee flexion, abduction/adduction hip machines at the gym.
-Initiate weight shifting, short-arc knee bends, mini steps ups, and proprioceptive exercises.
-Pool walking and workouts with brace locked in full extension as soon as incisions are well-healed.

Goals:

Gait brace open, increase gait mechanics; wean off brace as able. Passive range of motion 0-105 degrees.

Weeks 6-8:

Manual: -Continue soft tissue, patellar, joint mobilizations as needed.

Exercise: -Increase range of motion to full knee flexion.
-Bicycling (stationary or road, no mountain biking) at normal seat height without brace.
-Functional exercises should focus on eccentrics. Increase depth of knee bends and increase height of step ups.
-Continue to increase intensity and resistance of other exercises.

Goals:

Passive range of motion full. Initiate stationary biking.

Weeks 8-12:

- Add lateral exercises (i.e. lateral stepping, lateral step-ups, etc.).
- Continue all exercises with emphasis on closed-chain, functional and proprioceptive program.
- Increase resistance of cycling, stair machine, and pool programs.

Goals:

Initiate lateral movements.

Weeks 12-16:

- Initiate Sports Test I and running program.
- Develop sport-specific exercises and training program.
- Maximal eccentric focused strengthening program.
- Begin light running program as able to demonstrate good strength and mechanics.

Goals:

Initiate sport specific training.



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Increase strength, power, and cardiovascular conditioning.

4-6 months:

- Goals are to develop maximal strength, power, and advance to sporting activities.
- Resisted closed-chain rehabilitation through multiple ranges.
- Running program, balance drills and agility program.

Goals:

Initiate plyometrics.