



Medial Patellofemoral Ligament reconstruction rehabilitation

Time following surgery	Goal	Treatment	Weight bearing/ROM/brace
Phase 1 (Week 1)	<p>Reduce inflammation</p> <p>Progressive increase range of movement</p> <p>Improve Quadriceps strength</p> <p>Achieve step and stairs</p>	<p>Ice or cryocuff</p> <p>Active flexion and assisted flexion as tolerated</p> <p>Static, and inner range quadriceps, and SLR</p> <p>Ankle movement exercises</p>	<p>Mobilise full weight bearing with crutches as tolerated</p> <p>Splint for mobilisation if SLR is not possible</p> <p>Step and stair with crutches</p>
Phase 2 (2-4 weeks)	<p>Achieve Full range of movement</p> <p>Achieve Straight leg raise</p> <p>Isometric Hamstring and Quadriceps exercises</p> <p>Proprioceptive exercises</p>	<p>Ice if swelling persistent</p> <p>Active flexion and Full Range of movement exercise</p> <p>Start double-leg wall-slide and lunges</p> <p>Start static bike - low resistance</p> <p>Stretching for hamstrings and calf muscles</p> <p>Manual therapy</p> <p>Active and assisted hip extension exercises</p> <p>Double -leg minidips</p> <p>Step up/down exercises introduce</p>	<p>2 crutch to 1 crutch</p> <p>Improve gait pattern</p>
Phase 3 (4 to 12 weeks)	<p>Progress to single leg exercises</p> <p>Introduce speed and resistance</p> <p>Change direction activities</p>	<p>Double leg wall squats</p> <p>Full lunges</p> <p>Resistance static bike exercises</p> <p>Knee dip exercises and stretches</p> <p>Stair walking and stepping activity- repetition</p> <p>leg press</p> <p>Resisted SLR and Hamstring exercise band</p> <p>Plyometric activity to start at 12 weeks</p> <p>Sports Rehab Individual to Patient at 12 weeks</p>	<p>Quick walk , jogging to running</p> <p>Variable surface running, on slopes and incline</p>