

Physiotherapy Information

Medial Patellofemoral Ligament Reconstruction Rehabilitation Guidelines

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Post operative rehabilitation

Days 1 – 4

- Physiotherapy to commence knee range of motion exercises (+/- use of CPM machine) as appropriate. Mobilise weightbearing as tolerated on elbow crutches.
- Commence active quadriceps and hamstring exercises.
- Discharged home when safe, with 90° of active flexion, full extension and the ability to straight leg raise.

First 2 weeks (outpatient department appointment at 2 weeks for removal of sutures)

- Reduce swelling, increase range of movement, increase quadriceps, hamstring and VMO activation including closed chain as appropriate.
- Progress weightbearing as able.
- Hydrotherapy as well as physiotherapy can be undertaken at this stage.

Weeks 2 – 6

- Progress exercises to include closed chain quadriceps, hamstrings and VMO.
- Commence balance exercises as appropriate.
- Wean off crutches as pain and quadriceps control allows.
- Consider scar mobilisation and desensitisation as appropriate.

Weeks 6 – 12 (outpatient department appointment at 12 weeks for progress check)

- Progress towards full range of movement.
- Progress strength through range.
- Increase closed chain exercises and balance work as able.

3 – 6 months

- Commence light jogging when patient has good quadriceps control and no effusion.
- Progress gradually to dynamic stability and gradual sport specific training, returning to sports between 4-6 months.