
Medial P/F ligament Repair Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 6):

0 to 2 weeks:

- Brace locked in full extension for 6 weeks for ambulation
- Partial weight bearing for 2-3 weeks
- Ice and modalities to reduce pain and inflammation
- Gentle superior/inferior patella mobilization
- Gentle patella tendon med/lat mobs
- Quad sets in brace
- Start Range of motion – 0° to 50° knee flexion
- Begin quadriceps setting- when patient can perform strong QS, start with SLR without a quad lag; begin hip abduction and hip extension when patient masters SLR w/out lag.

Weeks 2 to 4:

- Weight bearing as tolerated; progressing off of crutches
- Continue with inflammation control
- Continue with restricted patella mobility
- Continue with quadriceps strengthening
- Range of motion: 0° to 60° knee flexion

Weeks 4 to 6:

- Full weight bearing
- Continue with restricted patella mobility
- Range of motion – 0° to 90° knee flexion (by week 6)

Phase II – Progressive Range of Motion and Early Strengthening (Weeks 6 to 12):

Weeks 6 to 8:

- Begin to unlock brace for ambulation- 0-50 to start, ad
- Open brace to 0°-90° of flexion week 6
- Continue with swelling control and patella mobility
- Gradually progress to full range of motion (by week 12)
- Begin multi-plane straight leg raising and closed kinetic chain strengthening program focusing on quality VMO function.- no LAQ
- Initiate open kinetic chain progressing to closed kinetic chain multi-plane hip strengthening
- Normalize gait pattern
- Begin stationary bike week 8
- Initiate pool program

Weeks 8 to 10:

- Wean out of brace as indicated by quadriceps control
- Continue with patellar mobility drills
- Normalize gait pattern
- Restore full ROM
- Progress closed kinetic chain program from bilateral to unilateral
- Increase intensity on stationary bike
- Begin treadmill walking program

Weeks 10 to 12:

- Full ROM
- Advance unilateral open and closed kinetic chain strengthening
- May introduce elliptical trainer
- Initiate proprioception drills

Phase III – Progressive Strengthening (Weeks 12 to 16):

Weeks 12 to 16:

- Advance open and closed kinetic chain strengthening
- Increase intensity on bike, treadmill, and elliptical trainer
- Increase difficulty and intensity on proprioception drills
- Begin multi-directional functional cord program
- Initial pool running program

Phase IV – Advanced Strengthening and Functional Drills (Weeks 16 to 20):

Weeks 16 to 20:

- May begin leg extensions; 30° to 0° as tolerated
- Begin pool running program advancing to land as tolerated
- Increase global lower extremity program with focus on speed and power

Phase V – Plyometric Drills and Return to Sport Phase (Weeks 20 to 24):

Weeks 20 to 24:

- Advance gym strengthening
- Progress running/sprinting program
- Begin multi-directional field/court drills
- Begin bilateral progressing to unilateral plyometric drills
- Follow-up appointment with physician
- Sports test for return to competition per physician release