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## Medial Patellofemoral Ligament Repair Rehabilitation

### I. Week 1 -2

- Goal: 0-20 degrees knee ROM
- Wear knee immobilizer at all times
- WBAT with crutches. **D/C crutches when safe.**
- Cryotherapy/Game Ready to reduce swelling
- Ankle AROM
- AAROM heel slides up to 20 degrees
- NMES with quad sets
- Patellar mobilizations. **NO LATERAL GLIDES.**
- Scar mobilization
- Weight shifting in immobilizer
- Ankle Theraband 4-way
- Calf raises

### II. 2-4 Weeks from Surgery

- Goal: 0-90 degrees knee ROM (I would like them to achieve 90° by 4 weeks)
- D/C knee immobilizer at 4 weeks post-op
- Normalize gait mechanics
- Core strengthening
- 4-way hip Theraband exercises
- Continue with NMES with quad sets and add SLR when good quadriceps control
- Calf and hamstring stretching
- Heel slides up to 90 degrees
- Standing or prone knee flexion to 90 degrees
- Bike rocking limited to 90 degrees
- Single leg static stance
- Lateral walking

### **III. Week 4-6**

- Goal: 0-120 degrees knee ROM
- Bike for ROM
- Standing or prone knee flexion to 120 degrees
- Step-ups and then progressing to step downs
- Dynamic balance activities
- Mini lunges
- Shallow wall slides with ball (hip add)
- Shallow wall sits with ball (hip add)
- Retro and forward treadmill

### **IV. Weeks 6-8**

- Goal: Full knee AROM
- Progress strengthening

### **V. Months 3-6**

- Goal: full knee AROM
- Patellar stabilization brace for jogging and agility
- Jogging at 3 months, sprinting and progress to agilities at 4-5 months, progress to sports afterwards. D/C brace at 6 months post-op
- Agility drills
- Slide board
- Running progression program working up to 2 miles at normal pace depending on quad strength and MD clearance
- Return to sport per MD clearance
- No contact sports until 6 months post-op