



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



**MEDIAL PATELLOFEMORAL LIGAMENT REPAIR /  
RECONSTRUCTION**

*Revised August 2008*

**Post-op Days 1 – 14**

Dressing – POD 1: Debulk dressing, TED Hose in place  
– POD 2: Change dressing, keep wound covered, continue TED Hose  
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved  
Brace – Days 1-7: Locked in extension  
– Weeks 1-2: Locked at 0-20 degrees  
Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)  
AROM, AAROM 0-20 degrees  
Patellar mobilization (teach patient)  
Calf pumping  
Passive extension with heel on bolster or prone hangs  
Electrical stimulation in full extension with quad sets and SLR  
Quad sets, Co-contractions quads / HS  
Straight leg raise (SLR) x 4 on mat, in brace (parallel bars if poor quad control)  
Double leg heel raises  
Gentle Hamstring stretching  
Ice pack with knee in full extension after exercise

**Goals**

Pain / effusion control  
No extensor lag

**Weeks 2 – 4**

Brace – Weeks 2-3: 0-45 degrees  
– Weeks 3-4: 0-60 degrees  
Continue appropriate previous exercises  
Scar massage when incision healed  
AAROM, AROM 0-60 degrees  
SLR x 4 on mat, without brace – no resistance  
Single leg heel raises  
Stretches – Hamstring, hip flexors, ITB

**Goals**

Normal gait  
AROM 0-60 degrees

### **Weeks 4 – 6**

Brace – Weeks 4-5: 0-75 degrees  
– Weeks 5-6: 0-90 degrees  
Continue appropriate previous exercises  
AROM, AAROM 0-90 degrees  
Standing SLR x 4 with light weight at ankle  
Weight shifts, Mini squats  
Short arc quads with light weight as tolerated  
Total Gym – Mini squats (level 3-5) – No flexion > 45 degrees  
– Passive flexion to 90 degrees (push up with opposite leg)  
Leg press 0-45 degrees with light resistance  
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)  
Proprioception ex – Double leg BAPS  
Stationary bike for ROM  
Pool therapy

#### **Goals**

ROM 0-90 degrees  
No effusion

### **Weeks 6 – 9**

Brace – Weeks 6-7: 0-105 degrees  
– Weeks 7-9: 0-120 degrees  
Continue appropriate previous exercises  
PROM, AAROM, AROM through full range  
Wall squats – No knee flexion past 45 degrees  
Standing SLR x 4 with Theraband bilaterally  
Forward, lateral and retro step downs  
– No knee flexion past 45 degrees (small step)  
Proprioceptive ex – Single leg BAPS, ball toss, and body blade  
Hamstring curls through full range – Carpet drag or rolling stool (closed chain)  
Stationary bike – Progressive resistance and time  
Elliptical trainer  
Treadmill – Forwards and backwards walking

**Goal** – Full AROM

### **Weeks 9 – 12**

D/C brace  
Continue appropriate previous exercises with progressive resistance  
PROM, AAROM, AROM to regain full motion  
Hamstring curl weight machine  
Knee extension weight machine  
Hip weight machine x 4 bilaterally  
Forward, lateral and retro step downs – Medium to large step  
Treadmill – Walking progression program

**Goal** – Walk 2 miles at 15 min/mile pace

### **Months 3 – 4**

Continue appropriate previous exercises  
Fitter  
Slide board  
Agility drills – figure 8s, gentle loops, large zigzags  
Swimming  
Stairmaster – Small steps  
Treadmill – Running progression program  
Quad stretches

**Goal** – Run 2 miles at normal pace

### **Months 4 – 6**

Continue appropriate previous exercises  
Agility drills / Plyometrics  
Sit-up progression  
Progressive weight training program  
Running progression to track  
Transition to home / gym program

#### **Goals**

Return to all activities  
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***

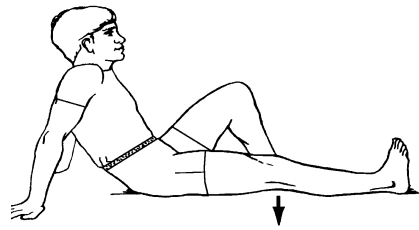
BRYAN L. BOYEA  
LTC, SP  
Chief, Physical Therapy

MICHAEL S. MACHEN  
LTC(P), MC  
Chief, Orthopedics

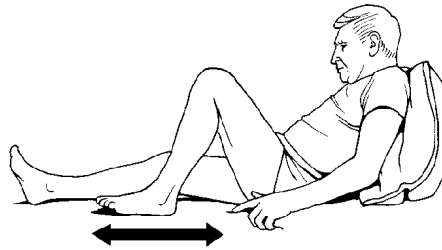
**Physical Therapy Clinic**  
**William Beaumont Army Medical Center**  
El Paso, TX 79920

**Knee Post Op Phase 1**  
**Perform exercises below frequently: 30 reps 3-5x a day**

**Quad Isometrics**



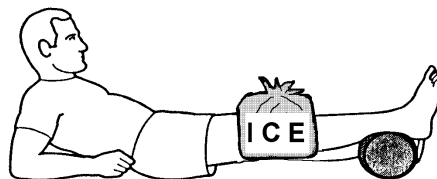
**Heel Slides**



**Active Assisted Motion**



**Ice Position 15 minutes 2-3 x per day**



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848