



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Medial Patellofemoral Ligament Reconstruction

Name: _____

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

PROM 0°-30°
X 2wks,
0-60 wks 3-4
0-90 wk 5-6
Then full ROM

*Gentle sup-inf patellar mobs, hold med/lat patellar mobs x 2 wks. *

BRACE SETTINGS

0-0 x 2 weeks

WEIGHT BEARING STATUS

20lb PWB
x 6 weeks

TIME LINES

Week 1(1-7POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets							●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●						
Balance series							●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aqua jogging									●	●	●	●	●	●
Treadmill - walking 7% incline									●	●	●	●	●	●
Swimming with fins									●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends								●	●	●	●	●	●	
Double leg bridges								●	●	●	●			
Reverse lunge - static hold								●	●	●	●			
Beginning cord exercises								●	●	●	●			
Balance squats										●	●	●	●	●
Single leg deadlift										●	●	●	●	●
Leg press										●	●	●	●	●
Sports Test exercises											●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial - single plane												●	●	●
Advance - multi directional													●	●
Functional sports test													●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf													●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Skiing, basketball, tennis, football, soccer													●	●

Signature: Scott Faucett, MD.