

POST-OPERATIVE GUIDELINES FOLLOWING MEDIAL PATELLA FEMORAL LIGAMENT RECONSTRUCTION

Crutches	6 weeks – weight bearing as tolerated according to pain.
Brace	6 weeks. The flexion setting on your brace will be adjusted accordingly by your surgeon or physiotherapist. Normally restricted to 60° for the first 2 weeks when mobilising due to poor quadriceps strength. Note: Active and passive flexion does not need to be restricted. Patient to be limited by pain only.
Stocking	10 days.
Driving	Consult with your surgeon or physiotherapist.
Stationary bike	6 weeks.
Elliptical machine	6 to 8 weeks.
Swimming (crawl)	8 weeks.
Jogging in a straight line	16 weeks.
Running on an uneven surface	20 weeks.
Skipping / jumping	16 weeks.
Contact sport	4 to 6 months.
The above time guides are approximations only – consult with your surgeon or physiotherapist before starting any of the above activities.	
Post-operative exercises from day 1: To be done 4 times per day: <ul style="list-style-type: none"> • Isometric quads progressing to a straight leg raise (3 x 8). • Knee pushes into bed, hold for 5 seconds (3 x 8). • Passive knee stretch using a pillow under the heel (torture pillow) – 15 minutes (only if indicated). • Heel slides (bend knee as far as pain allows, x 15). 	
Practice walking with a heel / toe gait.	
Ice (15 minutes on – 10 minutes off repeated throughout the day for the first 2 weeks).	
Over the course of the first 6 weeks your Physiotherapist will introduce new exercises to the above exercises.	
Aims of rehabilitation in the first 6 weeks: <ul style="list-style-type: none"> • Full active and passive extension. • Decrease swelling / pain. • Functional co-contraction of quads and hamstrings. • Flexion to 90° / 110°. • Strengthen quadriceps NB: prevent a quads lag. 	
Start with your out-patient physiotherapy approximately 3 / 4 days post surgery.	
Note: If a tibial tubercle transfer has also been done, these guidelines will alter slightly.	

