GALLAND/KIRBY MEDIAL PATELLOFEMORAL LIGAMENT REPAIR / RECONSTRUCTION POST-SURGICAL REHABILITATION PROTOCOL

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

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**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

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**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

GOAL

- Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
KNEE POST-OP PHASE I

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