



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Medial Patellofemoral Ligament Reconstruction**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (Weeks 0-2)**

- **Weightbearing:** Toe-touch weightbearing with crutches
- **Hinged Knee Brace:**
  - o Locked in full extension for ambulation and sleeping
- **Range of Motion – PROM/AAROM**
- **Therapeutic Exercises**
  - o Quad/Hamstring sets
  - o Heel slides/Prone hangs/Patellar mobilization
  - o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

**Phase II (Weeks 2-6)**

- **Weightbearing:** As tolerated – wean from crutch use
- **Hinged Knee Brace:** Unlocked
- **Range of Motion – PROM/AAROM/AROM:** Maintain full knee extension – work on progressive knee flexion (goal of 90 degrees by week 6)
- **Therapeutic Exercises**
  - o LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES
  - o Isometric quadriceps strengthening
  - o Heel slides/Prone hangs
  - o Patellar mobilization

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

**Phase III (Weeks 6-12)**

- **Weightbearing:** Full weightbearing without crutches
- **Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve (Reaction Brace)**
- **Range of Motion** – Advance to Full/Painless ROM
- **Therapeutic Exercises**
  - o Wall sits/Lunges
  - o Proprioception training
  - o Stationary bicycle

**Phase IV (Months 3-4)**

- Advance closed chain strengthening – leg press, leg curls
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

**Phase V (Months 4-6)**

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_