

Revised July 9, 2013

**Medial Patello-Femoral Ligament Repair/Imbrication
Dr. Aukerman**

Immediate Post OP, DOS: _____

Touch-Down Weight bearing only with crutches

Full time Straight leg brace/ T-Scope Locked in extension for ambulation for 6 weeks

No Range of Motion for the first two weeks

Quad sets and supported SLR only

At Two Weeks Post OP, Begin Date: _____

Begin WBAT in locked brace at 2 weeks

Begin gentle ROM

0-90 degrees AROM for 6 weeks

At 4 Weeks, Begin Date: _____

Ok to begin scar mobilization

At 6 Weeks Post OP, Begin Date: _____

D/C Straight leg brace/T-Scope, transition to lateral J brace

Gradually progress to full ROM

Beginning strengthening (NO OPEN KINETIC CHAIN QUAD WORK)

3-5 Months Post OP, Begin Date: _____

Continue to wear Lateral J brace with sports/activities until 5 months post op.

Return to sports approximately 3 months post op, MD release, wearing Lateral J brace