

# RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

## **DR. LAFRANCE RECONSTRUCTION MEDIAL PATELLOFEMORAL LIGAMENT USING GRACILIS TENDON**

### **Immediate Postoperative Phase (0-7 days after surgery)**

- Wait until your first physical therapy visit for the therapist to change the dressing for you.

- Perform sponge baths or shower only, with saran wrap covering surgical site.

- If you experience malaise, fever, or chills - contact your physician immediately.

-Perform home exercise program issued at pre-op from Hamilton Orthopaedics Physical Therapy Department

- Control acute inflammation with the use of cryo cuff or ice 15-20 minutes hourly, rest, elevation, prescribed medications

-Start Physical Therapy 5 days after surgery

- Ambulation: weight bearing as tolerated with use of bilateral axillary crutches and postoperative brace locked in extension until first PT appointment. At that time it will be opened 0-30 degrees provided patient is able to perform quad set and straight leg raise independently

-Therapeutic exercise to include ankle pumps, calf and hamstring flexibility, quad sets, active TKE, SLR flexion and abduction and heel slides.

-Precautions: Low intensity quad strengthening for 3 weeks. No active hamstrings or adduction for 4 weeks and no resisted hamstrings or adduction for 6 weeks

- No knee flexion beyond 30 degrees

#### **Goals:**

-Decrease swelling

-Initiate quad set

-Independent ambulation with bilateral axillary crutches

-ROM 0 to 30 degrees

### **Phase II (8 days -2 Weeks):**

- Open brace to accommodate comfortable ROM to **no greater than 50 degrees**

- wall slides, seated knee flexion, heel slides within range of motion restrictions

- Quad sets, active TKE open chain, flexibility calf and hamstrings
- SLR hip flexion and abduction
- Remain WBAT on bilateral axillary crutches
- Weight shifting progress to single leg stance
- Wall squats to 30 degrees
- TKE in standing

### **Sub Acute Phase (2-4 Weeks):**

#### **Open brace no greater than 20 degrees per week for a total of 90 degrees at 4 weeks post op.**

- Isometric knee extension 45 degrees
- Continue ROM exercise
- Continue submaximal quad strengthening
- Step- ups
- Leg Press (0-60 degrees)
- Gait skills on treadmill
- Balance and proprioception drills

### **Strengthening Phase (4-8 Weeks):**

#### **-Progress flexion range of motion to full as tolerated.**

- Progress to AROM hamstrings 4 weeks
- Resisted hamstrings at 6 weeks
- Lunges
- Squat rack at 60 degrees knee flexion
- Stationary bike (If 110 degrees of flexion is comfortable)
- Stair climber to tolerance
- Continue closed chain quad strengthening to tolerance
- Open chain quads at 4 weeks post-op, 90 – 45 degrees
- Balance and proprioception single leg drills to tolerance
- Dynamic flexibility at 6 weeks
- Discontinue brace at 6 weeks

### **Advanced Phase (8-12 Weeks):**

#### **-Continue strengthening and proprioception**

- Progress to low level double leg plyometrics uniplanar
- Interval jogging program
- low level agility exercise

### **Return to Activity Phase (12-16 weeks)**

- Double leg plyometrics multiplanar
- Single leg plyometrics uniplanar
- Advanced agility and running
- Return to Sport at 4 months with physician approval

