

POST-OPERATIVE GUIDELINES FOLLOWING 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 Dr. Barrow or your Physiotherapist. Normally restricted to 60° for the first 2 weeks when mobilising due to poor quadriceps strength.
Stocking	10 days.
Driving	Consult with Dr. Barrow or your Physiotherapist.
Stationary bike	6 weeks.
Elliptical machine	6 to 8 weeks.
Swimming (crawl)	8 weeks.
Jogging in a straight line	12 to 16 weeks.
Running on an uneven surface	16 weeks.
Skiping / jumping	12 weeks.
Contact sport	6 months.
The above time guides are approximations only – consult with Dr. Barrow or your Physiotherapist before starting any of the above activities.	
<u>Post-operative exercises from day 1 until week 6:</u>	
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. • 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.	
<u>Aims of rehabilitation in the first 6 weeks:</u>	
<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.	

