# Medial patello-femoral ligament repair / OCD repair (or excision) - post op instructions

# WEEKS 0-6

* Reduce pain, swelling, begin muscle control rehabilitation,
* Control by simple pain killers: Panadeine, Panadol, Non-steroidal anti-inflammatories
* and cold therapy (3 to 4 times daily for 20 minutes and after physiotherapy).
* **Touch weight bearing only with crutches EXERCISES**
* Quadricep setting in particular VMO and calf squeezes
* ROM 0° to 30°-60°-90° incrementally increasing every 2 weeks , brace when walking, but can rest knee flexed over a pillow when at home.
* Brace at night for at least 2 weeks thereafter for comfort.

# WEEK 6 TO 12

* remove brace
* attain full ROM
* active quads through range
* focus on hamstrings, hip abductors and core strengthening as well
* begin static 1/3 squat and increase proprioception control with progressing to single stance and dynamic quads to half squat.
* Begin gait re-education
* May walk in pool and do laps with straight kicking (no breast stroke). Straight kick laps and walking, begin jogging in the pool.
* Begin static bike machine at week 6. No resistance initially
* Discard crutches, use brace until good quadriceps control

**12 TO 20 WEEKS**

* Begin lunges. Shift weight bearing from one foot to the other.
* Begin mini trampoline and progress to wobble board.
* Then begin ordinary bike (flat ground riding, no hills).

Return to sports as quad control and power returns to normal