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Patient Name:

Date:

Date of Surgery:

Knee Rehabilitation:
Medial Patellofemoral Ligament Reconstruction

WEEK 1

- Full Extension in Bledsoe Brace locked @ 0 degrees
- Ambulate TTWB with Bledsoe Brace locked @ 0 degrees
- Dressing change
- Cryotherapy PRN
- Passive ROM 0°-90°
- CPM 0°-90° for 6 weeks (3-4 hrs/day)

WEEKS 2-6

- Progress to FWB with Bledsoe locked @ 0 degrees in Full Extension for first 6 weeks
- Progress ROM in Bledsoe 0°-90° as Quad tone and strength increase over 6 week period
- Passive ROM 0°-120° degrees MAX (Active Flexion / Active Extension)
- Straight Leg Raises (in Bledsoe) / Quad Sets
- Quadriceps Isometrics @ 0°-90°
- Stationary Bike – OK out of Bledsoe Brace (low ROM, raised seat)
- Modalities PRN (Biofeedback unit, E-stim)

WEEKS 6-8

- Quadriceps Isotonics
- PRE's - Hip Abductors / Adductors, Hamstrings

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD