



THE ORTHOPEDIC PARTNERS

AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

MEDIAL REEFING POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-2:

- Brace locked in 0° extension degrees x 6 weeks
- Use crutches for 7-10 days to reduce swelling. The patient may discontinue the crutches when they can walk without pain and without limping.
- Lateral buttress in post-op dressing to stabilize patella
- NO Patella Mobility x 6 weeks
- ROM 0-30°
- Ice and modalities to reduce pain and inflammation
- Quadriceps setting
- Multi-plane open chain straight leg raising
- Gait training

WEEKS 2-4:

- Continue weightbearing with brace locked at 0 degrees
- Maintain program as per week 0 to 2
- Increase ROM 0-60°

WEEKS 4-6:

- Continue with brace locked in extension at 0°
- Maintain program as per week 0 to 2
- Increase ROM 0-90°
- Begin closed chain multi-plane hip strengthening
- Implement reintegration exercises emphasizing core stability

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 6-8:

- Maintain program as per week 0 to 2
- Opening Brace As Follows:
 - to 45° for 3 days
 - to 60° for 3 days
 - to 90° for 3 days
 - Wean out of brace by week 8 – 9
- **Avoid Medial/Lateral patella mobility exercises**
- Initiate global lower extremity stretching
- Begin stationary bike

WEEKS 8-12:

- Begin bilateral closed kinetic chain strengthening progressing to unilateral as tolerated
- Proprioceptive drills emphasizing neuromuscular control
- Elliptical trainer as tolerated



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- Aquatic therapy program

PHASE III – ADVANCED STRENGTHENING AND PROPRIOCEPTION:

WEEKS 12-16:

- Continue with phase II exercises as indicated
- Advance time and intensity on cardiovascular program – no running
- Initiate gym strengthening- bilateral progressing to unilateral as tolerated
 - Leg press, squats, lunges (protected range) hamstring curls, ab/adduction, calf raises

PHASE IV – ADVANCED STRENGTHENING AND EARLY PLYOMETRIC DRILLS:

WEEKS 16-24:

- Initiate pool running 4 months
- At 5 months, begin dry land running program based on quadriceps function, strength, swelling, and endurance

PHASE V – RETURN TO SPORT FUNCTIONAL PROGRAM:

WEEK 24:

- Follow-up examination with physician
- Implement sport specific multi-directional drills
- Continue with progressive lower extremity strengthening, cardiovascular training, and flexibility.
- Sports test for return to sport