



Orthopaedics

OF STEAMBOAT SPRINGS

Medial Patellofemoral Ligament Repair with or without ORIF **Osteochondral Fracture For Lateral Patellar Dislocation Protocol**

- Hinged knee brace locked in full extension (WBAT)
- Active and active-assisted ROM 0-90 degrees in the prone position (2-3x/week)
- Avoid antigravity quadriceps work
- Advance to full flexion as quickly as patient can tolerate

At 4 weeks:

- Closed-chain quadriceps strengthening
- Discontinue brace once good quad control has returned
- Return to sport-specific training at 4 months post-op

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