



ROSENBERG COOLEY METCALF  
THE ORTHOPEDIC CLINIC AT PARK CITY

**Charles C. Lind, MD**  
**Medial Reefing**  
**Post-Operative Protocol**

**Phase I - Maximum Protection (0 to 6 weeks):**

**Weeks 0 to 2:**

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

**Weeks 2 to 4:**

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

**Weeks 4 to 6:**

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

**Phase II - Progressive Stretching and Early Strengthening (6 to 12 weeks):**

**Weeks 6 to 8:**

- Maintain program as per week 0 to 2
- Opening Brace As Follows:
  - 0° to 45° for 3 days
  - 0° to 60° for 3 days
  - 0° 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
- Aquatic therapy program

### **Phase III – Advanced Strengthening and Proprioception Phase (12 to 16 weeks):**

#### **Weeks 12 to 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 (16-24 weeks):**

#### **Weeks 16-24:**

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

### **Phase V – Return to Sport Functional Program (week 24):**

#### **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