

### **Medial patellofemoral ligament**

1. Usually there will be no knee brace or splint
2. Dressings reduced at 48 hours
3. The reconstruction is performed with double strand Gracilis tendon.  
Treat hamstrings as per acl reconstruction patients.
4. FWB but limit ROM 0 – 90 degrees for 4 weeks
5. No rehabilitation restrictions after 4 weeks
6. Aim for return to unrestricted activities/sport at 4 months
7. This procedure may be combined with other procedures, Tibial tubercle osteotomy, Microfracture or trochleoplasty – specific instructions will be given.