



FOX VALLEY ORTHOPEDICS
MEDIAL REEFING

All surgeons: Start PT 4 weeks post op

PHASE 1

week 4

- WBAT with hinged knee brace in extension x 4 weeks
- AROM, PROM as tolerated
- Strengthening
 - Open chain as tolerated
 - Gentle closed chain
- Manual therapy
 - Patellar mobilizations
 - Soft tissue mobilizations
 - LE stretching
- Modalities
 - Electrical stimulation
 - Cold packs

PHASE 2

week 5-6

- WBAT, unlock brace once adequate quad control
- Surgeon may transition to smaller patella stabilizing brace-
can be removed when inactive or sleeping
- AROM, PROM
- Strengthening
 - Open chain
 - Closed chain
 - Gait training
- Manual therapy
 - Patellar mobilizations
 - Soft tissue mobilizations
 - LE stretching
- Modalities
 - Electrical stimulation
 - Cold packs

Continued

MEDIAL REEFING**PHASE 3**

week 6+

- WBAT
- AROM, PROM
- Strengthening
 - Open chain
 - Closed chain as tolerated- allowed to flex as tolerated
 - Gait training as needed
 - Jogging/running
 - Beginning plyometrics progressing to advanced
 - Sport specific exercises
- Manual therapy
 - Patellar mobilizations
 - Soft tissue mobilizations
 - LE stretching
- Modalities
 - Electrical stimulation
 - Cold packs