

Physiotherapy (Orthopaedics): Rugby St Cross

Medial Patello-femoral Ligament Reconstruction

This information is for patients following medial patello femoral ligament reconstruction. The operation aims to stabilise the patella (knee cap) and prevent further episodes of dislocation.

What to expect afterwards

Pain

A nerve block may be used during the operation which means that immediately after the operation your knee and leg may feel heavy and numb. This may last a few hours. After this your knee may feel sore and you will be given painkillers. These should be continued after you are discharged home.

You will be given a cryocuff to use while you are on the ward. This should be used whenever you are resting with your leg elevated. The cold water should be changed when the cuff feels warm – this could be as frequent as every 20 minutes. Ask for the ice in the bucket to be replaced when melted.



When you go home, you will be able to take the “cuff” part of your cryocuff with you. Make sure this is full of water before you leave and it can then be placed in the fridge (not freezer) and used as a cold pack.



Patient Information

Wound

Depending on your particular operation the wound will be made up of a collection of small incisions; one incision to harvest the graft, and two incisions to access the patella and thigh. If you have stitches you will be given instructions for their removal at your GP surgery.

Exercises

The success of your operation will often depend on the amount of effort that you are prepared to put into your rehabilitation.

Although your knee may feel sore after the operation, it is vital that you start completing the exercises in order to build up the muscles around your knee, and to regain the range of movement after the surgery.

Before being discharged you will be seen by a physiotherapist who will advise you and explain the exercises you need to do.

It is essential that you do the recommended exercises **5 times per day** or you may not make a full recovery. You may experience some discomfort whilst completing the exercises, this is normal.

Deep breathing exercises

Take a deep breath in through your nose, hold for a couple of seconds, sniff, and then breathe out through your mouth. **Complete these 3 times hourly.**

Foot and ankle exercises

Pump your ankles up and down fairly briskly for 10 seconds. Then complete circles one way for 10 seconds, and circles the other way for 10 seconds. **Complete these hourly.**

Heel prop

Rest your heel on a rolled towel or 2 pillows so that your knee is not supported. Allow knee to straighten in this position for 10 minutes.



Patient Information

Static quadriceps

Lie on your back with your knee straight. Point your toes up towards you, and try to push your knee down firmly into the bed. Hold for 10 seconds. Repeat 10 times.



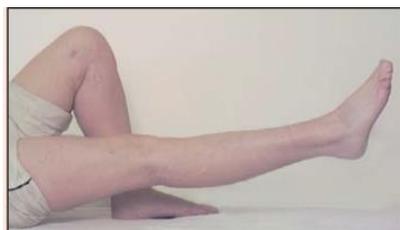
Static hamstrings

Lie on your back with your knee slightly bent. Push down firmly into the bed with your heel. Hold for 5 seconds. Repeat 10 times.



Straight leg raise

Lie on the bed with your knee straight. Pull your toes up towards you and push your knee down into the bed. Then try to lift your whole leg up in a straight line off the bed by about 20cm. Hold for 5 seconds and slowly return to the start position. Repeat 10 times.



Patient Information

Range of movement exercises

Lie or sit on the bed. Place a plastic bag under your heel. Aim to bend your knee by bringing the heel up towards your hip. Repeat 10 times.



Medial patella glides

Hold your knee cap as in the picture below. Push the knee cap over towards your other knee. **Do not push the knee cap to the outside; always push it towards the direction of your other knee.**



Scar Massage

It is important to start (as soon as able) to massage your scar to help prevent it becoming too sensitive and painful to complete exercise. Your Physiotherapist will advise you when to begin this exercise.

Discharge

You will usually be able to go home when you feel ready. This is usually the day after your operation. You will need to arrange for someone to drive you home. You should try to have a responsible adult stay with you for the first 24 hours.

Patient Information

Physiotherapy is essential after the operation and you will be contacted with an urgent outpatient physiotherapy appointment after your discharge. If you have not heard from the outpatient physiotherapy department within 1 week please contact the department.

Further Information

If you have any concerns about your wounds between therapy appointments please contact the hospital.

If you have any queries or concerns please contact:

Rugby Physiotherapy Orthopaedic Department : 01788 663054

University Hospital Coventry and Warwickshire: 024 7696 6013

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Document History

Author	St Cross Orthopaedic Therapy
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Contact Tel No	01788 663054
Published	July 2019
Review	July 2022
Version	4
Reference No	HIC/LFT/1832/14