



MPFL Repair/ Reconstruction Rehabilitation Protocol

Dr. Jason R. Gray

Note to Therapist: Before proceeding, please refer to the operative note for postoperative course. This will give any instructions that deviate from protocol.

Frequency: 2-3 times per week

- No open chain or isokinetic exercises
- Provide patient with home exercise program per protocol

Period of protection: weeks 0-6

- Weight bear as tolerated in hinged knee brace. Wean crutches as tolerated.
- Follow brace wear and ROM limits per chart below:

<u>Week</u>	<u>ROM for exercises</u>	<u>ROM for ambulation</u>
• 0-1	• 0-30°	• Brace locked in extension
• 1-2	• 0-30°	• Brace unlocked to 30 degrees
• 2-4	• 0-60°	• Brace unlocked to 60 degrees
• 4-6	• 0-90°	• Brace unlocked to 90 degrees
• 6+	• Full ROM	• Transition to patellar stabilization brace

Weeks 2-4:

- ROM exercises- progress through passive, active and active-assisted ROM within ROM limits detailed above.
- Extension board and prone hang with ankle weights (up to 10 lbs.) if necessary to regain full extension.
- Strengthening- quad sets, SLR's with knee locked in extension brace.
- Bilateral ¼ knee bends (Mini-Wall slide or Mini-Squat)
- Terminal knee extensions (TKE)
- No restrictions to ankle/hip strengthening. Begin core program for abdomen/lumbar.
- Modalities as needed (i.e. Electrical stimulations, ultrasound, etc.) per discretion of the therapist.
- Heat before therapy sessions.
- Ice after therapy sessions.

Weeks 4-6:

- Initiate leg press and step ups.
- Stairmaster and/or stationary bicycle
- Proprioception exercises in brace (BAPS, bodyblade, ball toss)



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Weeks 6-12:

- Continue squats, leg press.
- Advance to step downs, lunges, side lunges (in brace) and slide board (in brace)
- Stairmaster and/or stationary bicycle
- Begin forward treadmill running program in brace when 8" step down in satisfactory (no sooner than 8 weeks)

Months 3-6:

- Advance strengthening as tolerated, continue close chain exercises. Increase resistance on equipment.
- Begin plyometrics and increase as tolerated.
- Initiate sport-specific agility training in brace (figure 8's, cutting drills, quick start/top, etc.)
- Advanced core strengthening and maintenance program
- Begin to wean patient from formal supervised therapy encouraging independence with home exercise program.
- Continue modalities as needed per the discretion of the therapist.
- Return to sports after 18 + weeks (MD clearance required)