

MPFL Reconstruction

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 PT 1-2x/week HEP daily	Full passive knee extension Diminish pain and effusion Protect osteotomy	WBAT with brace locked straight May unlock brace when seated or resting; keep locked at 0 for sleep and ambulation ROM: 0-90°	Isometric quad sets SLR with brace locked straight Heel slides Ankle/Calf pumps Stretches: hamstring and calf/gastrocnemius
Weeks 2-6 PT 2-3x/week HEP daily	Full passive extension Gradually increase knee flexion Slow/prevent quad atrophy Edema and pain control Restore patellar mobility	WBAT with brace locked straight – may unlock brace when adequate quad control (must be after 4 weeks) ROM: Weeks 2-3: 0-100° Weeks 3-4: 0-110° Weeks 4-5: 0-120° Weeks 5-6: 0-130° No open chain quadriceps	Continue above exercises SLR outside of brace Patellar mobilizations (gentle with lateral translation) Begin proprioception exercises Begin hip/glutes/core exercises May begin BFR
Weeks 7-12 PT 2-3x/week HEP daily	Control forces during ambulation and ADL's Progress knee flexion ROM Improve lower extremity muscular strength Restore limb confidence and function	WBAT DC brace when adequate quad Avoid descending stairs reciprocally Avoid painful activities No running No kneeling Week 7: 0-110° Week 8: 0-120° Week 9: 0-130°	*Gradually increase strength Straight leg raises (flexion) Advance closed chain extension exercises – 90 to 0. ½ squats Leg press Wall squats Front lunges Lateral lunges Calf raises Hamstring curls (restricted ROM) Proprioception drills Bicycle

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Weeks 12-16 PT 2-3x/week HEP daily	Return to normal ADLs Improve endurance Descend 8" step with control 85% limb symmetry Improve strength/flexibility	WBAT Full ROM No running	Continue and advance above Progress squat program Leg press (emphasize eccentrics) Elliptical Retrograde treadmill Initiate lateral step-ups Initiate front step-downs Initiate backward lunges Walking program May begin swim *No sports!
Weeks 16-24 PT 1x/week HEP daily	Enhancement of strength, endurance Initiate functional activities Improve tensile strength properties of tendon	WBAT / Full ROM No cutting/pivoting No sports No running until: Strength >70% contralateral No agility training until: Strength >90% contralateral	Continue strengthening exercises Continue emphasis on eccentrics and functional exercises May initiate running/jogging progression (if meets criteria) May initiate plyometrics May initiate agility drills (lateral shuffle)
Weeks 24+	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	Avoid painful activities No return to sport until: Passes RTP evaluation MD clearance	Maintenance quadriceps and lower extremity strength home program