



MPFL Repair/Reconstruction Rehabilitation Protocol

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Diagnosis: Right/Left MPFL Repair / Reconstruction

Date of Surgery: _____

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 (Phase I):

- 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, SLRs with knee locked in extension in 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 prn (ie electrical stimulation, ultrasound, etc) per discretion of therapist.
- Heat before therapy sessions.
- Ice after therapy sessions.

Weeks 4-6 (Phase II):

- ROM exercises– progress through passive, active and active-assisted ROM as detailed above.
- Strengthening – quad sets, SLRs out of brace
- Bilateral ½ knee bends (Wall slide or Squat)
- Terminal Knee Extensions (TKE) to ROM limit.
- Initiate Leg Press, Step Ups
- Stairmaster and/or Stationary Bicycle
- Proprioception Exercises in Brace (BAPS, bodyblade, ball toss)
- No restrictions to ankle/hip strengthening. Continue core program for abdomen/lumbar.
- Modalities prn (ie electrical stimulation, ultrasound, etc) per discretion of therapist.
- Heat before therapy sessions.
- Ice after therapy sessions.

Weeks 6-12 (Phase III):

- ROM exercises– progress through passive, active and active-assisted to full ROM
- 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 is satisfactory (No sooner than 8 weeks)
- Proprioception Exercises in Patellar Stabilization Brace (BAPS, bodyblade, ball toss)
- Advanced ankle/hip strengthening. Core maintenance program for abdomen/lumbar.
- Modalities prn (ie electrical stimulation, ultrasound, etc) per discretion of therapist.
- Heat before therapy sessions.
- Ice after therapy sessions.

Months 3- 6 (Phase IV):

- Advance strengthening as tolerated, continue closed chain exercises. Increase resistance on equipment.
- Begin plyometrics and increase as tolerated.
- Initiate sport-specific agility training in brace (figure 8s, cutting drills, quick start/stop, etc.)
- Advanced core strengthening and maintenance program
- Begin to wean patient from formal supervised therapy encouraging independence with home exercise program.
- Continue modalities prn as indicated above.
- Heat before therapy sessions.
- Ice after therapy sessions
- Return to sports after 18+ weeks (MD clearance required)