

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

MPFL Reconstruction

Phase 1 (weeks 0-2)

- Hinged Knee brace** locked in extension for ambulation and sleeping
- Weightbearing**
 - As tolerated
- Range of Motion**
 - PROM/AAROM/AROM as tolerated
- Therapeutic Exercises**
 - Quad and hamstring sets, hamstring/gastroc stretching
 - Heel slides/prone hangs/patellar mobilization (avoid lateral glides)
 - SLR with brace in full extension until quad strength is sufficient to prevent extension lag

Phase 2 (Weeks 2-6)

- Weightbearing**
 - As tolerated, wean from crutch use
- Hinged Knee brace** unlocked
- Range of Motion**
 - PROM/AAROM/AROM as tolerated
 - Maintain full extension, work on progressive knee flexion (full knee flexion by week 6)
- Therapeutic Exercises**
 - Isometric quadriceps strengthening
 - Heel slides/prone hangs/patellar mobilizations (avoid lateral glides)
 - Mini squats/step ups, TKE, heel raises
 - Balance exercises with goal of SL stance control >15 seconds

Phase 3 (Weeks 6-12)

- Weightbearing**
 - Full weightbearing without crutches
 - Discontinue knee brace
- Range of Motion**
 - Advance to full/painless ROM
- Therapeutic Exercises**
 - Wall sits/squats, leg press, lunges
 - Proprioception training
 - Stationary bike

Phase 4 (Months 3-4)

- Advance closed chain strengthening- leg press, leg curls
- Progress proprioception training, agility/plyometric training
- Treadmill jogging/elliptical

Phase 5 (Months 4-6)

- Gradual return to athletic activity as tolerated
- maintenance program for strength and endurance