



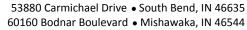
# Medial Patellofemoral Ligament (MPFL) Reconstruction

#### PHASE I

- Post-op Day 1
  - o Brace ROM: locked in full extension
  - o Weightbearing/ROM: touch down, weight bearing
  - o Exercises:
    - quad sets
    - ankle pumps
    - cryotherapy device
    - Elevation
- <u>Week 1</u>
  - o **Brace ROM:** locked in full extension at all times
  - o Weightbearing/ROM: full weight bearing as tolerated
  - o Exercises:
    - Heel slides
    - Seated flexion
    - Prone flexion
    - Wear knee brace for at least 6 weeks post-op

### PHASE II

- Week 2-5
  - o **Brace ROM:** locked in full extension at all times
  - o Weightbearing/ROM: full weight bearing as tolerated
  - o Exercises (weeks 2-3)
    - Straight leg raises with no weight
  - Exercises (weeks 4-5)
    - Straight leg raises with 1-lb weight
    - Should have 90 degrees of flexion



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#### PHASE III

## • Week 6-12

- o **Brace ROM:** Discontinue brace when quadriceps strengthening allows; neoprene sleeve with lateral buttress optional
- o Weightbearing/ROM: full; should have normal ROM
- o Exercises (weeks 6-7)
  - Start stationary bike
- o Exercises (weeks 8-12)
  - Continue stationary bike
  - Start shuttle jumps at week 12
  - Treadmill
  - Isotonic leg presses
  - Toe press
  - Leg curl
  - stool scooter

#### • Months 3-6

- Brace ROM: full; no braceWeightbearing/ROM: full
- o Exercises:
  - Initiate progressive jogging program
  - Advance to cutting and sport-specific drills
  - Return to regular sports if cleared by MD

<sup>\*\*</sup>If a patient is not progressing please call the office for recommendations