

PHYSICAL THERAPY PROTOCOL MPFL RECONSTRUCTION

Weeks 0-2

Weightbearing: As tolerated with brace and crutches

Hinged Knee Brace: Locked in extension for ambulation and sleeping, removed for PT

Range of Motion: AROM/AAROM/PROM – 0-30 degrees, focus on maintaining full extension

Therapeutic Exercises: Ankle pumps, gastroc stretch, SLR in brace, gentle ROM within restrictions, modalities

Weeks 2-6

Weightbearing: As tolerated with brace, discontinue crutch use as able

Hinged Knee Brace: At all times for ambulating and sleep; advance flexion allowance per therapist

Range of Motion: AROM/AAROM/PROM – Goal of 0-90 degrees by week 6; advance gradually with therapist; advance brace allowance; maintain full extension

Therapeutic Exercises: Progress weight bearing and flexibility, begin light closed chain quad work. Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike

Weeks 6-16

Weightbearing: As tolerated, discontinue brace for ambulation

Patellar Stabilizing Brace: For running, plyometrics and sport activities

Range of Motion: AROM/AAROM/PROM – Full ROM

Therapeutic Exercises: Advance closed chain (progressing to multi-plane exercises), non-impact balance and proprioceptive drills, hip and core strengthening.

Stairmaster and Elliptical beginning at 8 weeks. **Straight ahead running at 12 weeks**

Weeks 16-24 (Months 4-6)

Patellar Stabilizing Brace: For running, plyometrics and sport activities

Rehabilitation Goals: Good dynamic neuromuscular control and no pain with multiplanar activities; functional sports specific progression

Therapeutic Exercises: Sport specific activities on an individual basis

Jumping at 16 weeks; Sprinting/cutting/pivoting at 20 weeks