



**MPFL RECONSTRUCTION REHAB PROTOCOL**

Last modified: Oct 2012

**Date of Surgery:**

**Left/Right**

**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:

Week ROM for exercises ROM for ambulation

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:**

- 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**

- ROM – progress through PROM, AROM & AAROM 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**

- 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 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**

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



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