**MPFL RECONSTRUCTION PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-2:**

• 50% weightbearing with crutches

• Brace set from 0-90 degrees

• Brace worn at all times except bathing

• Passive ROM -> Active Assisted ROM -> Transition to Active ROM as tolerated from 0-90 degrees

• Heel slides, quad sets, patellar mobs, straight leg raises, ankle pumps

**\_\_\_\_\_\_Weeks 3-6:**

• Continue exercises from weeks 0-2

• Discontinue crutches and transition to full weightbearing

• Continue brace but open up to allow full ROM

• Focus on regaining full extension; goal 0-125+ degrees

• Continue to transition to full Active ROM

**\_\_\_\_\_\_Weeks 7-12:**

• Discontinue brace and normalize gait pattern

• Closed chain knee extension; stationary bike; weightbearing Achilles stretching

• Leg press and lunges (start initially with body weight only)

• Mini-squats, weight shifts, initiate step up program

• Advance close chain strengthening and bike exercises

• Progressive squat program

• Initiate step down program

• Proprioceptive training

**\_\_\_\_\_\_Months 3-4:**

• Begin forward running in straight line

• OK to initiate cutting/pivoting maneuvers after patient can comfortably jog in straight line/start/stop

• Progress strengthening and flexibility exercises

**\_\_\_\_\_\_Months 4+:**

• Start polymetric exercises

• Start sports specific agility program

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_