

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
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<b>Place label here</b>	
NAME OF PATIENT: _____	
MRN: _____	

**Kristofer J. Jones, M.D.**  
 Sports Medicine, Shoulder Surgery and Cartilage Restoration  
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**MPFL RECONSTRUCTION PROTOCOL**

**Diagnosis: s/p ( LEFT / RIGHT ) Medial Patellofemoral Ligament Reconstruction**  
**Surgery Date: \_\_\_\_\_**

**WEEKS 0-2:**

**Restrictions:**

Immobilizer must be on at all times when walking  
 Avoid valgus stress to knee

**Goals:**

Active flexion, passive extension ROM: 0° - 90° maximum  
 Reduce muscle atrophy  
 Reduce swelling

**Weight bearing:**

Weight bearing as tolerated with immobilizer and crutches

**Exercises:**

Quad and hamstring sets  
 Gluteal sets  
 Hip belt abduction isometrics  
 Pillow adductor squeezes  
 Crunches  
 Ankle dorsiflexion / plantar flexion isometrics or Theraband strengthening  
 Weight shifts  
 Cryotherapy multiple times during the day

### **Weeks 2 to 6:**

- Restrictions:
  - Avoid valgus stress to knee
  - Immobilizer discontinued when patient can perform straight leg raise and physical therapist determines they have proper quadriceps control
  - Wear lateral buttress (Shield's brace) when walking
- Goals:
  - Full weight bearing by six weeks without crutches
  - Active flexion, passive to active extension ROM: 0° - 90° maximum
  - Reduce pain
    - Electrical stimulation
    - Soft tissue mobilizations and myofascial release
  - Reduce effusion
  - Minimize hip, core, and lower extremity atrophy

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- Weight bearing:
  - Weight bearing as tolerated with immobilizer, Shield's brace and crutches
  - When patient regains quadriceps control, immobilizer discontinued
  - When gait mechanics normalize, crutches discontinued
  - Advance proprioception training as weight bearing status allows
- Exercises:
  - Isometric leg press with angle no greater than 85° of knee flexion
  - Straight leg raises in all planes of motion
  - Clam
  - Prone plank
  - Crunches
  - Ankle Theraband in all planes
  - Seated upper body strengthening
- **Weeks 6 to 8:**
  - Restrictions:
    - Avoid valgus stress
    - Avoid any patellofemoral pain with exercise program
    - Shields brace is worn at all times when walking
  - Goals:
    - Full active range of motion of the involved knee at 8 weeks post-op
    - No effusion
    - Improved core and hip strength and endurance
  - Weight bearing:
    - Normal walking with Shield's brace on
    - Advance proprioception training
  - Exercises:
    - Maximize core, hip, and lower extremity strength in all planes of motion
    - Maximize knee, hip, and ankle mobility
- **Weeks 8 to 12:**
  - Restrictions:
    - Avoid valgus stress to involved knee / lower extremity
  - Goals:
    - Maximize core, hip, and lower extremity strength in all planes of motion
  - Weight bearing:
    - Full weight bearing activity no Shield's brace required
    - Advance to functional perturbation/proprioception training

- Exercises:
  - Begin stationary bike
  - Continue to maximize core, hip, lower extremity mobility and stability programs
- **Months 3 to 4:**
  - Restrictions:
    - Continue to maintain proper hip, knee, and foot alignment during training and activities
  - Goals:
    - Begin to lay the foundation for return to sport
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    - Initiate sport specific drills
    - Advance core, hip, lower extremity mobility and stability exercises
    - Advance aerobic and anaerobic energy systems by use of non-impact conditioning such as bike and elliptical trainer
- **Months 4-6:**
  - Restrictions:
    - Continue to maintain proper hip, knee and foot alignment during training and activities
  - Goals:
    - Full, unrestricted return to play
  - Exercises:
    - Advance core, hip, lower extremity mobility and stability exercises
    - Advance to appropriate plyometric exercises for the individual's sport or occupation
    - Advance aerobic and anaerobic energy systems by use of non-impact conditioning such as bike and elliptical trainer

**Functional tests to consider:**

- **Lower Extremity Functional Scale**
- **Any sports specific hop tests**
- **Balance tests**
- **Hand held dynamometer / Strength testing**

**Treatment:** \_\_\_\_\_ **times per week**      **Duration:** \_\_\_\_\_ **weeks**      \_\_\_\_\_ **Home Program**

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**