

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
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**PROXIMAL REALIGNMENT (MPFL RECONSTRUCTION)**  
**PHYSICAL THERAPY PRESCRIPTION**

**Diagnosis: s/p ( LEFT / RIGHT ) Proximal Realignment (MPFL Reconstruction)**  
**Surgery Date: \_\_\_\_\_**

- \_\_\_ Postop knee brace, WBAT in full extension
- \_\_\_ Passive Range of motion:
  - Week 0-2: 0° - 45°
  - Week 2-6: 0° - full as tolerated
- \_\_\_ Begin isometric quad sets in full extension immediately:
- \_\_\_ At 6 weeks PRE Progression - Emphasize V.M.O. Strengthening
  - Multiple angle isometrics
  - Eccentric closed chain isotonic
- \_\_\_ Patellar mobilization
- \_\_\_ Hamstring / adductor / abductor / quad/ achilles stretching
- \_\_\_ Begin exercise bike and closed kinetic chain exercises at 6 weeks
- \_\_\_ Other:
  - EMG Biofeedback
  - Assess for patellar taping benefit
  - Calf and hip PRE's
  - Muscle endurance activities
- \_\_\_ After 8 weeks:
  - Functional closed chain exercises for static and dynamic patellar stabilization
  - Nordic track
  - Progress to Stairmaster / Versaclimber
  - Cryotherapy and modalities PRN

Treatment: \_\_\_\_\_ times per week                      \_\_\_ Home Program

Duration: \_\_\_\_\_ weeks

\*\*Please send progress notes.

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**

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NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

**Kristofer J. Jones, M.D.**

Sports Medicine, Shoulder Surgery and Cartilage Restoration

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