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POST-OPERATIVE MPFL RECONSTRUCTION REHAB GUIDELINES

Diagnosis/Surgery:

PHASE 1: WEEKS 0-2

Goals:

1. Protect fixation, decrease edema, activate quadriceps

Weight bearing:

1. PWB with crutches

Brace:

1. Brace locked in extension for ambulation, daily activities, sleeping

ROM:

1. Initiate ROM 3 times a day, increasing daily up to 90°

Exercises/Strengthening:

1. Patella mobilization
2. Quad/hamstring sets
3. Heel slides
4. Prone hangs
5. Straight leg raises with brace until quad prevents extension lag
6. Modalities

PHASE 2: WEEKS 2-6

Weight bearing:

1. Progress to WBAT, wean from crutches

Brace:

1. Hinged knee brace unlocked

ROM:

1. Progress to full AROM with goal of 90° by week 6

Exercises/Strengthening:

1. Gentle patella mobilization
2. Quad/hamstring sets
3. Heel slides
4. Prone hangs
5. Straight leg raises with brace until quad prevents extension lag
6. Modalities

PHASE 3: WEEKS 6-12

Weight bearing:

1. WBAT

Brace:

1. Discontinue hinged knee brace
2. Consider use of patella stabilizer knee sleeve brace

ROM:

1. Full, painless ROM

Exercises/Strengthening:

1. Advanced closed chain strengthening and proprioception
2. Total gym or partial wall squats (0-45°)
3. Stationary bike – begin with partial revolutions without resistance and progress
4. Balance and proprioception training – double leg and progress to single
5. Seated active knee extension in pain free ranges
6. Core training

PHASE 4: MONTHS 3-4

Exercises/Strengthening:

1. Advance closed chain strengthening and proprioception
2. Advance plyometrics
3. Advance proprioception training
4. Begin elliptical and/or treadmill jogging progression program

PHASE 5: MONTHS 4-6

Exercises/Strengthening

1. Sport specific training
2. Plyometric and agility progression
Teach: soft landing following jumps, stay low while running, keep knees in line with feet at all times
3. Return to sports decided by physician, physical therapist and athletic trainer
Criteria for progression to sport:
 1. Patient tolerates functional progression to sport program without difficulty
 2. No effusion
 3. Full ROM
 4. Demonstrates confidence, strength, functional stability

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Date