

MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-1 week	Touch Down Weight Bearing	Begin 0-90°.	Brace in full extension at all times.	None
1-6 weeks	Increase slowly to Full weight bearing as tolerated with knee in extension. Use crutches as needed.	Increase as tolerated. Allow full flexion while not weight bearing.	Wear brace in full extension for weight bearing. Allow full flexion when not weight bearing.	Quad sets, heel slides, straight leg raises.
6-12 weeks	Full weight bearing.	Work towards full ROM.	Wean from brace over the 6-8 week post-op period.	Continue previous exercises. May do stationary bike with light resistance.
3-4 months	Full weight bearing.	Full ROM	None	Treadmill at walking speeds. Proprioception / balance drills. May begin light sport specific drills. Advance strength training. May return to full activity once radiographs show full healing.

If no hinged knee brace, keep in immobilizer while ambulating.

Stephen K. Aoki, MD

Questions please call: # 801-587-2557

Fax: 801-587-3990

Patient Name: _____

Surgery Date: _____

Side (Circled): Right Left

Surgery Performed:

Distal Patellar Realignment

MPFL Reconstruction

Physical therapy to evaluate and treat for post op.

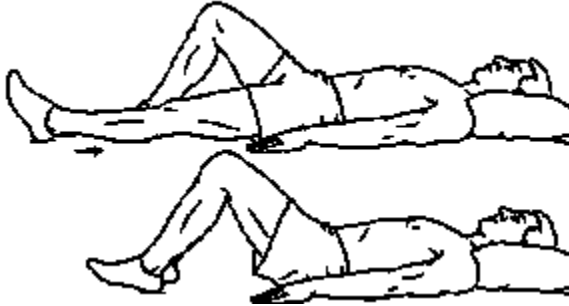
Notes: _____

MD signature:

Start Formal PT 2 weeks after Surgery Date

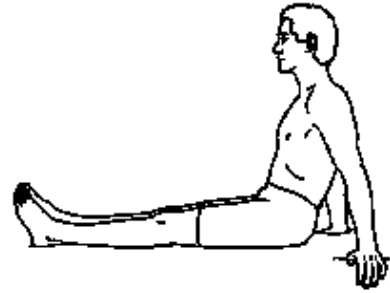
Home Exercises - Weeks 1-6 after surgery

Heel Slides



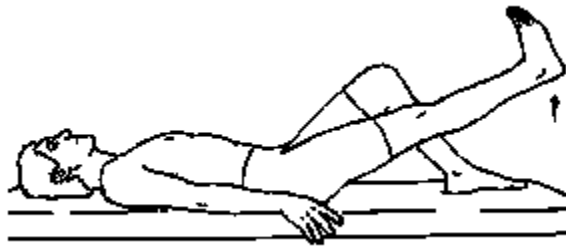
Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

Quad Sets



Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

Straight Leg Raise



Tighten muscles on the front of the surgical side's thigh, then lift leg 5-15" from the floor/table, keeping knee locked. Repeat 10 times per set, 1-2 sets per session, 1 session per day