



Physical Therapy Protocol

MPFL Reconstruction

Phase I: 0-6 weeks	
<p>Restrictions:</p> <ul style="list-style-type: none"> ■ Weight Bearing and brace use: <ul style="list-style-type: none"> ✓ 0 - 2 weeks: WBAT with crutches and Bledsoe brace locked in full extension ✓ 2 - 6 weeks: WBAT progressing from crutches as able (no limp and no lag). ■ Brace: Transition to PTO brace at 2 weeks post op 	<p>Goals:</p> <ul style="list-style-type: none"> ■ Control knee effusion and pain Maintain full knee extension Progress knee flexion as tolerated <ul style="list-style-type: none"> ✓ 90 degrees by week 2 ✓ 130 degrees by week 4 ■ Restore quadriceps activation
Phase II: 6-12 weeks	
<p>Restrictions:</p> <ul style="list-style-type: none"> ■ Weight Bearing: WBAT progressing to full weight bearing ■ Brace: PTO when weight bearing 	<p>Goals:</p> <ul style="list-style-type: none"> ■ ROM: goal of full knee extension and flexion Enhance strength <ul style="list-style-type: none"> ✓ Open chain knee extension strengthening at 8 weeks ✓ Can begin lunging and squatting below 90 degrees at 8 weeks ■ Enhance proprioception and balance
Phase III: 12 - 24 weeks	
<p>Restrictions:</p> <ul style="list-style-type: none"> ■ No cutting or pivoting sports ■ Gradual return to unrestricted sports at 24 weeks if following the criteria are met: <ul style="list-style-type: none"> ✓ Return to sport test 	<p>Goals:</p> <p>Weeks 12 - 16:</p> <ul style="list-style-type: none"> ■ Sport test exercises ■ Begin running progression at 12 weeks with following criteria: <ul style="list-style-type: none"> ✓ No pain with ADL ✓ No pain with SL squat ✓ Ability to perform hopping without knee pain ■ Begin bilateral low level plyometric progression as able ■ Begin agility drills and sport specific activities as able <p>Weeks 16 - 24:</p> <ul style="list-style-type: none"> ■ Single leg plyometric progression ■ Introduce cutting and pivoting drills ■ Progression back to full sport participation at 24 weeks

Questions?
Orthopaedics:
(603) 650-5133

Rehabilitation Medicine:
(603) 650-3600