



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for MPFL Reconstruction

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

0-2 Weeks:

- WBAT, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-30° with emphasis on full extension
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps

2-4 Weeks:

- WBAT, Brace locked at 30 degrees for ambulation and sleeping
- ROM: 0-60 degrees (Maintain full extension)
- Proprioception training
- SLR, quad sets, ankle pumps

4-6 Weeks:

- WBAT, Brace locked at 60 degrees for ambulation and sleeping
- ROM: 0-90 degrees (Maintain full extension)

6-14 Weeks:

- D/C Brace and wean from crutches
- Progressive Squat program
- Initiate Step Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versa climber/Nordic Track
- Retrograde treadmill ambulation

14-22 weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

> 22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____