

MPFL Reconstruction

Core Rehabilitation Guidelines

- Advance from toe touch weight bearing the first 2 weeks to weight bearing as tolerated by 4 weeks
- Brace locked in extension for 6 weeks with progressive range of motion during therapy
- Post-op appointments with Dr. Ramkumar: 2 weeks, 6 weeks, 12 weeks, 6 months, 1 year
- Return to sport and high demand activity by 6 months
- Everyone will progress through the guidelines at their own pace.

Specific Timeline: Weeks 0-2

- No formal PT during this period
- Brace: Locked at 0 degrees, to be worn at all times
- Weight Bearing: toe touch weight bearing, crutches at all times
- Ankle pumps (bending ankle, moving foot up/down)
- Quad sets/Isometric exercises permitted
- Straight leg raises (with brace worn)
- CPM: 0-20, do not advance

Specific Timeline: Weeks 3-4

- Initiate formal PT
- Brace: Locked at 0 degrees, to be worn at all times
- Weight bearing: partial weight bearing (up to 50%); progress to weight bearing as tolerated by 4 weeks post-op; wean crutches
- PROM/AAROM Goals: 0-50 degrees
- Strengthening/Conditioning: Quad sets, 4-way SLR (four directions: forward, backward, inside, outside) in brace, upper body strength training exercises allowed if sitting or lying down
- Manual Therapy: Patella mobilization, soft tissue and scar massage

Specific Timeline: Weeks 5-6

- Brace: At all times, may be opened to tolerance provided adequate quadriceps strength/control
- Weight Bearing: weight bearing as tolerated (wean crutches)
- PROM/AAROM Goals: 0-90 degrees
- Strengthening/Conditioning: Quad Sets, 4-way SLR, continue upper body strength training, begin core training exercises
- Manual Therapy: Patellar Mobilization, Soft Tissue

Specific Timeline: Weeks 7-8

- Brace: At all times; may be opened to tolerance
- PROM/AAROM Goals: 0-120 degrees

- Strengthening/Conditioning: 4 way SLR, begin lower body closed chain exercises, continue upper body strength training, upper body ergometer, begin exercise bike with no resistance
- Manual Therapy: continue as necessary

Specific Timeline: Weeks 9-10

- Brace: transitioned to patellar stabilization brace if needed
- PROM/AAROM Goals: 0-135 degrees (Full)
- Strengthening/Conditioning: Continue closed chain exercises progression, core strengthening exercises, upper body, continue exercise bike (may add minimal resistance)
- Proprioception: weight shifting

Specific Timeline: Weeks 11-12

- Strengthening/Conditioning: lower body closed chain multi-plane exercise, con't upper body; exercises in full weight bearing, bike, jogging (treadmill) straight ahead
- Proprioception: Weight shifting, single leg balance activities
- Manual Therapy: Prone quad stretching, soft tissue as needed

Specific Timeline: Weeks 13-24

- Strengthening/Conditioning: continued from previous phase; bike, jogging outside, cutting/multi-directional drills, plyometric exercises
- Proprioception: continued from previous phase