



Medial Patellofemoral Ligament (MPFL) Repair/Reconstruction

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Weeks 0-6 PT 2-3x/ week HEP daily	ROM 0-90° Edema and pain control Limit quadriceps inhibition SLR without lag Promote independence	WBAT, brace locked at 0° for ambulation & sleep ROM as tolerated (Dr. Below: brace locked at 0 deg for 4 weeks – no ROM) Avoid lateralization of patella (lateral patella glides, caution with SLR for hip flexion and active knee extension exercises) Dr. Below: lateral patellar stabilizing knee brace at 4 weeks – wear at all times except shower; wear in bed	A/AAROM flexion PROM extension Quad re-education Patella mobilization (avoid lateral) Hip/Core training CPM (if used): Weeks 0-4: 0-60° Weeks 4-6: 0-90°
Weeks 6-12 PT 2-3x/ week HEP daily	ROM 0-130° Minimize effusion & pain Improve quad control Promote independence Normalize gait Ascend 8” step with control	Avoid lateralization of patella Weeks 6-8: ROM 0-110° Brace open 0-60° for ambulation Weeks 8-10: ROM 0-120° DC brace when adequate quad Weeks 10-12: ROM 0-130° No running	Gait training Closed chain quad strengthening Bilateral leg press 0-60° Short crank -> standard (ROM>115°) Forward step-up program Advance proprioceptive training Proximal strengthening & core
Weeks 12-18 2-3/week HEP daily	Full ROM Normal gait Step-up/down 8” with control Adequate core	Avoid painful activities Progress in graded fashion Dr. Below: Wear lateral patellar stabilizing brace for PT only	Progress quad strengthening Progress squat <90° flexion Forward step-down program Elliptical, retrograde treadmill Endurance training
Weeks 18-24 1x/ week HEP Daily	Symptom free running Strength and flexibility to meet sporting demands Hop Test >75% contralateral	Avoid painful activities No sport until MD clearance	Forward running program (when 8” step down OK) Initiate agility program Advance core strengthening Plyometrics when sufficient strength Sport specific training
Week 24+ PT 1x/week HEP daily	No limitations No apprehension with sport specific movements Hop Test >85% contralateral	Avoid painful activities No sport until MD clearance	Advance flexibility/agility/plyometrics Sport specific training