



FOX VALLEY ORTHOPEDICS

MPFL RECONSTRUCTION

(hamstring autograft)

All surgeons: Start PT by day 3 post op

PHASE 1

day 1-3

Goals: edema reduction, extension ROM progression, quad atrophy minimization

- WBAT with brace locked in extension x 2 weeks
with or without crutches
- PROM, AAROM
*emphasize full extension
prone hangs
heel slides
- strengthening
quad sets
SLR
- stretching
non weight-bearing gastroc/soleus, hamstring
- manual techniques
no patellar mobilization
- modalities

PHASE 2

Day 4-10

Goals: extension and flexion ROM progression, minimization of extensor lag

- WB with brace locked in extension
with or without crutches
- PROM, AROM
prone hangs with 2# if still lacking extension
- strengthening
heel raises
theraband TKE
total gym squats
- stretching
- manual techniques
- modalities

Continued

MPFL RECONSTRUCTION**PHASE 3**

day 10 - week 4

Goals: ROM progression 0-90 degrees, strength and proprioception progression

- WB with brace unlocked at 2 weeks
Keep unlocked additional 2 weeks
discontinue crutches
- PROM, AROM, RROM
- strengthening
single leg exercises PWB progressing to FWB
bike, stairclimber
- stretching
progress to WB gastroc/soleus
- neuromuscular re-education
balance board
single leg balance
- manual techniques
- modalities

PHASE 4

week 4-6

Goals: full anatomic hyperextension, full flexion, normal gait

- D/c post-op hinged brace at 4 weeks (surgeon may wean to smaller patella-stabilizing brace for regular daily activities)
- PROM, AROM, RROM
- Strengthening
* gradual progression to the following
chair/wall squats
lunges
step up/down progression
- neuromuscular re-education
- manual techniques
- modalities

PHASE 5

week 6-10

Goals: protection due to tendon revascularization, strengthening

- AROM, RROM
- strengthening
single leg chair squats
treadmill, versaclimber
- neuromuscular re-education
anterior reach 5-7 pt. touch
- manual techniques
may begin patellar mobilization
- modalities
- functional testing at 10 wks
7 in step down
ant reach

MPFL RECONSTRUCTION**PHASE 6**

week 10-12

Goals: protection due to tendon revascularization, strengthening

- AROM, RROM
- strengthening
 - light with progression to moderate plyometrics/agility drills
 - bilateral jumping
 - jogging progression at 12 wks if no gait/running deviation
- neuromuscular re-education
- manual techniques

PHASE 7

month 4-6

Goals: strength progression, sport training

- strengthening
 - unilateral jumping
 - advanced plyometrics/agility drills
 - TM running

no restrictions at 6 months