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 **Jozef Murar, M.D.**

TCO Edina – Crosstown

4010 W 65th St, Edina, MN 55435

Tel: 952-456-7000 Fax: 952-832-0477

[www.tcomn.com](http://www.tcomn.com)

**Post-Operative Rehabilitation Prescription Guidelines for**

**MPFL Reconstruction Rehabilitation**

**Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Treatment Frequency: \_\_\_\_\_ times per week Site R L***

***Duration of Therapy Prescription: \_\_\_\_\_ weeks***

***Please send progress notes.***

**Physician’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(*I have medically prescribed the above treatments)***

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Sports Medicine & Orthopedic Surgery

**General Information:** The following is a protocol for postoperative patients following “Medial Patellofemoral Ligament Reconstruction.” The primary goal of this protocol is to protect the repair while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. This program is aggressive with range of motion and activation of the quadriceps muscle due to the likelihood of stiffness and quadriceps weakness with this procedure.

***Modalities: PRN***

**PHASE 1: Immediate Post-operative Phase** (Approximate timeframe: Surgery to 2 weeks)

**GOALS**

1. • Pain and effusion control
2. • No extensor lag

**Ambulation and brace use:**

* POD 1 – 7: brace locked in extension
* POD 7 – 14: brace locked from 0 – 20 degrees

**Crutch D/C Criteria:** WBAT with crutches (discontinue when gait is normal)

**Wound Care:**

* POD 1: debulk dressing, TED hose in place
* POD 2: change dressing, keep wound covered, continue TED hose
* POD 7 – 10: sutures out (at appointment) discontinue TED hose when effusion is resolved

**EXERCISE SUGGESTIONS:**

* AROM and AAROM 0 – 20 degrees
* Patellar Mobilization
* Calf pumping
* Passive extension with heel on bolster or prone hangs
* Electrical stimulation in full extension with quad sets and straight leg raise
* Quad sets, co-contractions for quads and hamstrings
* Straight leg raise x 4 on mat, in brace (parallel bars if poor quad control)
* Double heel raises
* Gentle hamstring stretching
* Ice pack with knee in full extension after exercise

**PHASE II: Early Rehabilitation Phase** (Approximate timeframe: 2 – 4 weeks post op)

**GOALS**

1. • Normal gait
2. • AROM 0 – 60 degrees

**Ambulation and brace use:**

* Weeks 2 – 3: brace locked from 0 – 45 degrees
* Weeks 3 – 4: brace locked from, 0 – 60 degrees

**Crutch D/C Criteria:** WBAT without crutches

**EXERCISE SUGGESTIONS:**

* Continue appropriate previous exercises
* Scar massage when incisions are healed
* AAROM and AROM 0 – 60 degrees
* Straight leg raise x 4 on mat, without brace (no resistance)
* Single leg heel raises
* Stretches for hamstring, hip flexors, and iliotibial band

**PHASE III:** (Approximate timeframe: 4 – 6 weeks post op)

**GOALS**

1. • ROM: 0 – 90 degrees
2. • No effusion

**Ambulation and brace use:**

* Weeks 4 – 5: brace locked from 0 – 75 degrees
* Weeks 5 – 6: brace locked from, 0 – 90 degrees

**EXERCISE SUGGESTIONS:**

* Continue appropriate previous exercises
* AROM and AAROM 0 – 90 degrees
* Standing straight leg raise x 4 with light weight at ankle
* Weight shifts and mini squats
* Short arc quads with light weight as tolerated
* Total gym – mini squats (level 3 – 5) NO FLEXION > 45 degrees
* Passive flexion to 90 degrees (assist with opposite leg)
* Leg press 0 – 45 degrees with light resistance
* Hamstring curls 0 – 45 degrees, carpet drags or rolling stool (closed chain)
* Proprioception ex – double leg BAPS
* Stationary bike for range of motion
* Pool therapy

**PHASE IV:** (Approximate timeframe: 6 – 9 weeks post op )

**GOALS**

1. • Full AROM

**Ambulation and brace use:**

* Weeks 6 – 7: brace locked from 0 – 105 degrees
* Weeks 7 – 8: brace locked from, 0 – 120 degrees

**EXERCISE SUGGESTIONS:**

* Continue appropriate previous exercises
* PROM, AAROM, and AROM through full range
* Wall squats NO FLEXION > 45 degrees
* Standing straight leg raise x 4 with Theraband bilaterally
* Forward lateral and retro step downs (NO FLEXION > 45 degrees, small steps)
* Proprioceptive ex, single leg BAPS, ball toss, and body blade
* Hamstring curls through full range of motion, carpet drag or rolling stool (closed chain)
* Stationary bike, progressive resistance and time
* Elliptical trainer
* Treadmill – forwards and backwards walking

**PHASE V:** (Approximate timeframe: 9 – 12 weeks post op)

**GOALS**

1. • Walk 2 miles at 15 min/mile pace

**Ambulation and brace use:**

* Discontinue use of the brace

**EXERCISE SUGGESTIONS:**

* Continue appropriate previous exercises
* Progressive resistance
* PROM, AAROM, and AROM to regain full motion
* Hamstring curl weight machine
* Knee extension weight machine
* Hip weight machine x 4 bilaterally
* Forward, lateral and retro step downs (medium to large step)
* Treadmill – walking progression program

**PHASE VI:** (Approximate timeframe: 12 + weeks post op)

**EXERCISE SUGGESTIONS:**

* May begin treadmill jogging intervals
* Progress to light agility and functional training exercises as tolerated

**Return-to-Sport Criteria:**

1. Full knee range of motion
2. No pain
3. Good quad contraction
4. Strength at 90% of the opposite side
5. Hop test 90% of opposite side