MPFL Reconstruction (allograft), ORIF-Patellar Chondral fracture

TWIN CITIES ORTHOPEDICS

Name: _____

Dr: Dr. Christopher M. LaPrade Date: _____

ROM RESTRICTIONS

0-90°
X 2 weeks, then full ROM (passive knee extension x 2 weeks, AAROM x 6 weeks)

Low amplitude patellar mobilizations

BRACE SETTINGS

Immobilizer x 6 weeks

WEIGHT BEARING STATUS

NWB x 6 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

●= Do exercise for that week

Initial Exercises	**Week 1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Ankle Pumps	●	●	●	●	●	●	●	●						
Calf stretch with belt	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Seated heel slide series: flex←→ext (passive KE x 2 weeks, AAROM x6 weeks)	≤90° PROM		≥90° AAROM KE			Gradually progress toward full flexion								
ROM Goals	Full extension by week 2 Flexion: ≈90° by 2 weeks, ≈120° by 8 weeks, Full ROM by 12 weeks													
Quad SLR progression	NO		Stand/Tall sit			Supine			Utilize other training options					
Quad strength progressions	0° ISO, TKE					ISOs in flexion ok			Arc of motion PRE 90-40° (per fragment healing on x-ray)					
Hamstring strength progressions	ISOs		Hip-based & Knee-based resisted arc PRE											
Straight leg raise – ABD, ADD, Ext			Side lying or standing with band-resistance											
Bridges in extension –calves over ball	Over ball – knees extended							Classic bridge progressions						

Cardiovascular Exercises	**Week 1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Stationary bike	NWB					ROM		Gradually progress						
Swimming – flutter kick								●	●	●	●	●	●	●
Elliptical trainer or treadmill walking									●	●	●	●	●	●
***NOTE FOR CARDIO**	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)													

Weight Bearing Strength	**Week 1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Crutch weaning	NWB					●	●	●						
Calf raises							●	●	●	●	●	●	●	●
Marching into brief SLS							●	●	●	●	●			
SLS balance progressions								●	●	●	●	●	●	●
2 leg squats (shallow→deep)								●	●	●	●	●	●	●
Shift & Hold Isometric over step									●	●	●	●	●	●
Step-up/down progression										●	●	●	●	●
Squat/lunge progressions										●	●	●	●	●
Band-resisted directional stepping										●	●	●	●	●

Agility Exercises	**Week 1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Running progression	≥20 wks post-op, YBT-Anterior ≤8 cm SSD, walk ≥1 mile no limp/no pain, Quad strength ≥70% LSI, ≥60% peak torque/BW													
Initial – single plane agility													●	●
Advance – multi directional agility														●
Sport Performance (TRAC) Test	Baseline test: 4-months, F/u test: 7- & 10-months													

High Level Activities	**Week 1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Golf													●	●
Outdoor biking, hiking, snowshoeing													●	●
Return to sport progressions														●

****NMES & BFR encouraged (per any contraindications)****

Abbreviation	(ISO) isometric, (KF) knee flexion, (PRE) progressive resistance exercise,

s	(SLR) straight leg raise, (TKE) band-resisted terminal knee extension
Precautions	NO resisted OKC quad (through arc of motion) until bony healing at osteochondral fragment confirmed (8+ weeks), **gradually** progress depth & load with CKC squat/step/lunge drills to slowly re-load PF articular surfaces