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MPFL Reconstruction

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	<ul style="list-style-type: none"> WBAT with brace locked and crutches 	<ul style="list-style-type: none"> 0-2 Weeks: <ul style="list-style-type: none"> Locked in full extension for ambulation and sleeping May remove for hygiene 	<ul style="list-style-type: none"> 0-90° as tolerated <p>STRESS EARLY EXTENSION</p>	<ul style="list-style-type: none"> Quad sets, straight leg raises in brace, e-stim, biofeedback, hamstring sets, heel slides, gastroc stretch
PHASE II 2-6 weeks	<ul style="list-style-type: none"> WBAT with brace Wean off crutches as gait normalizes (normal gait and adequate quad control) 	<ul style="list-style-type: none"> 2-4 Weeks: <ul style="list-style-type: none"> Unlocked with adequate quad control may remove for sleep 4-6 Weeks: <ul style="list-style-type: none"> D/C brace when able to SLR without lag 	<ul style="list-style-type: none"> Progress flexion as tolerated Maintain full extension 	<ul style="list-style-type: none"> Progress Phase I exercises Progress WB flexibility Begin toe raises and closed-chain quad work Begin floor-based core and glute work Balance exercises Hamstring curls Stationary bike Avoid lateral patellar glides (superior and inferior is ok)
PHASE III 6-12 weeks	<ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> May transition to lateral buttress (J-brace) 	<ul style="list-style-type: none"> Full Aggressive flexion if lacking 	<ul style="list-style-type: none"> Advance closed-chain quads Progress balance Core/pelvic and stability work Begin elliptical In-line jog at 12 weeks if appropriate under PT guidance
PHASE IV 3-6 months	<ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> None May continue to use lateral stabilizing brace as transition into sports 	<ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> Progress strength/flexibility Progress running and sports-specific exercises as tolerated <ul style="list-style-type: none"> Forward/backward running, cutting, grapevine Initiate plyometric program and sport-specific drills at 16 weeks Return to play as tolerated for non-contact sports after 16 weeks post-op when cleared by MD Return to play as tolerated for contact sports after 20 weeks post-op when cleared by MD

- Do NOT change bandages unless instructed by physician
- Encourage home exercise program
- For any questions or concerns please contact Dr. Tauberg's office (see above)



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SURGERY ASSOCIATES, P.C.