

## ***MPFL Reconstruction***

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

- 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)