

MPFL Reconstruction

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Patient _____
 DOS _____

	Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-10	Weeks 11-15	Weeks 16+
Weight Bearing	WBAT with brace locked at 0°			Full weight bearing		
Brace	Locked at 0° - may unlock with sitting Remove for sleeping after 1 st post-op visit		Discontinue with full extension, no lag			
AROM	AAROM 0-90°	Maintain full extension and progress flexion		Full		
Exercises *control swelling/inflammation *educate on rehab progression *e-stim to facilitate quads	Quad sets Glut Sets Heel slides SLR with brace Sidelying Hip Abd with brace Inferior/Superior and Medial patellar glides Hamstring sets Ankle pumps Gastroc stretch	Bike – no resistance Overball/Sportcord Sidelying Hip Add and Ext with brace Toe Raises Floor based core and glute work Balance exercises Hamstring curls	Bike – light resistance Clamshells Hip abd and ext LAQ SAQ Total Gym	Leg Press Front step ups Lateral step ups DL→SL Balance, Proprioception Wall sits Multi-Hip machine Squats	Progress with strengthening Initiate walk to jog progression, elliptical Light agility drills, progressing to sport specific drills DL Plyometrics Lunge Balance & reach Vectors SL Bridge	Emphasize power, generation, and absorption Sport specific drills SL plyometrics Full progression of function *refer to advanced ACL Rehab protocol for ideas on exercises & exercise progression

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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