

Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol

Initial PT evaluation and treatment begins post-op day 2

Weeks 0-6

- Weight bear as tolerated in hinged knee brace
- Wean crutches as tolerated
- Brace locked with ambulation ONLY until patient is stable
- Unlock brace with all other activities (i.e. Sleeping, exercise, resting)
- Progress to a minimum of 90° of flexion by 6 weeks (if not progressing appropriately, notify physician IMMEDIATELY-BEFORE 6 WEEK APPT)

Weeks 1-3

Exercises:

- ROM
 - Seated Active Assistive Knee Flexion
 - Towel Extension
 - Hamstring/Calf Stretches
 - Heelslides
- Stationary Bike
- Manual Therapy
 - Flexion and Extension (**90° of flexion by 6 weeks**)
 - Patellar Mobilizations (no lateral glides)
- Strength
 - Isometrics
 - SLRx4
 - Resisted Ankle Pumps
 - Pillow Squeezes
 - Weight Shifts
- Modalities
 - E-stim muscle re-education

Weeks 4-6

Exercises:

- Manual Therapy
 - Flexion and Extension (**90° of flexion by 6 weeks**)
- ROM
 - Continue Above
 - ITB Stretch
- Strength
 - Leg Press
 - Step-ups
 - Mini-squats
 - Retro Treadmill
 - Hip Abductors and Adductors with tubing
 - External Rotation with tubing
 - Clamshells
 - Heel Raises
 - Prone Hamstring Curls
 - Bridges
 - TKE (standing)
 - BAPS
 - Ball toss off trampoline with single leg stance

Weeks 7-12**Exercises:**

- Progress ROM to full ROM
- VMO strengthening
- Step-downs
- Lunges and Side Lunges
- Stairmaster
- Knee Extension
- Short Arc Quads
- Standing Hamstring Curls
- Double Leg Squats on Unstable Surface
- Single Leg Stance on Unstable Surface
- Single Leg Calf Raises (+/-Mini Squats)
- Standing hip flexion, extension, abduction,

adduction (with tubing around uninvolved extremity)

Weeks 12+**Exercises:**

- Running Progression
 - Treadmill walk/jog intervals
 - Treadmill Running
 - Track-run straight and walk turns
 - Track-run straight and turns
 - Run on the road

- No running on back-to-back days
- Low-level plyometrics and progress as tolerated
 - Straight line jumping
 - Backward, forward, side-to-side jumping (progress to diagonals)
 - Side-to-side jumps with BOSU
 - Quick lateral shuttles from cone-to-cone
- Lunges on BOSU
- Single leg squats on trampoline
- Single leg stance on unstable surface with ball toss
- Running Drills
 - Shuttle sprints
 - Stop and go drills
 - Zig-zag running, sideways and backwards drills
 - Sprinting with cutting and pivoting drills
- Single leg exercises with perturbations
- Box hops
- Toe/heel walking