

MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION (MPFLR) POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-2:

- Brace locked at 10° x 4-6 weeks for ambulation.
- Non-weight bearing x 1 week. Progress off crutches. Patient may discontinue crutches when patient is able to walk without limp.
- Ice and modalities to reduce pain and inflammation.
- Exercises:
 - Quadriceps setting
 - Multi-plane open chain straight leg raising
 - Gait training
 - NO Patella Mobility x 6 weeks
 - ROM 0-30°

WEEKS 2-4:

- Continue with brace locked at 10°
- Maintain program as per week 0 to 2
- Increase ROM 0-90°

WEEKS 4-6:

- Continue with brace locked at 10° for ambulation
- Maintain program as per weeks 0-2
- Progress ROM as tolerated
- Begin closed chain multi-plane hip strengthening
- Implement reintegration exercises emphasizing core stability
 - Initiate pool running at week 4

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 6-8:

- Wean out of brace per adequate quad
- Maintain program as per week 0-2
- **Avoid Medial/Lateral patella mobility exercises**
- Initiate global lower extremity stretching
 - Begin stationary bike

WEEKS 8-12:

- Begin bilateral closed kinetic chain strengthening progressing to unilateral as tolerated
- Proprioceptive drills emphasizing neuromuscular control
- Elliptical trainer as tolerated

PHASE III – ADVANCED STRENGTHENING AND PROPRIOCEPTION PHASE:

WEEKS 12-16:

- Continue with phase II exercises as indicated
- Advance time and intensity on cardiovascular program – progress to running per tolerance
- Initiate gym strengthening- bilateral progressing to unilateral as tolerated
 - Leg press, squats, lunges (protected range) hamstring curls, ab/adduction, calf raises

PHASE IV – ADVANCED STRENGTHENING AND EARLY PLYOMETRIC DRILLS:

WEEKS 16-24:

- At 4 month begin dry land running program based on quadriceps function, strength, swelling, and endurance
- Return to sport testing if indicated for patient

PHASE V – RETURN TO SPORT FUNCTIONAL PROGRAM:

WEEK 24:

- Follow-up examination with physician
- Implement sport specific multi-directional drills
- Continue with progressive lower extremity strengthening, cardiovascular training, and flexibility.