

Andrews Orthopedic and Sports Medicine Center

PT following medial patellofemoral ligament (MPFL) reconstruction

PHASE 1

Day 1–3

Goals: edema reduction, extension ROM progression, quad atrophy minimization

- WBAT with brace locked in extension x 6 weeks with or without crutches
- PROM, AAROM
 - Emphasize full extension
 - Prone hangs
 - Heel slides
- Strengthening
 - Quad sets
 - SLR
- Stretching
 - Non weight-bearing gastroc/solues, hamstring
- Manual techniques
 - NO patellar mobilization
- Modalities

PHASE 2

Day 4-10

Goals: extension and flexion ROM progression 0-90 degrees, Minimization of extension lag

- WB with brace locked in extension with or without crutches
- PROM, AROM
 - Prone hangs with 2 lbs is still lacking extension
- Strengthening
 - Heel raises
 - Theraband TKE
 - Total gym squats
- Stretching
- Modalities

PHASE 3

Day 10 – week 4

Goals: protection due to tendon revascularization, strengthening

- WB with brace locked
 - Discontinue crutches
- PROM, AROM, RROM
- Strengthening
 - Single leg exercises PWB progressing to FWB, bike, stairclimber
- Stretching
 - Progress to WB gastroc/soleus
- Neuromuscular re-education
- Modalities

PHASE 4

Week 4-6

Goals: full anatomic hyperextension, full flexion, normal gait

- WB with brace locked
- PROM, AROM, RROM
- Strengthening
 - Gradual progression to the following
 - Chair/wall squats
 - Lunges
 - Step up/down progression
- Neuromuscular re-education
- Modalities

PHASE 5

Week 6-10

Goals: protection due to tendon revascularization, strengthening

- WB with brace unlocked
 - Progress to D/C brace when pt demonstrated adequate quad control
- AROM, RROM
- Strengthening
 - Single leg chair squats
 - Treadmill, versaclimber
- Neuromuscular re-education

- Manual techniques
 - May begin patellar mobilization
- Modalities
- Functional testing at 10 wks
 - 7 inch step down

PHASE 6

Week 10-12

Goals: protection due to tendon revascularization, strengthening

- AROM, RROM
- Strengthening
 - Light progression to moderate plyometrics/agility drills
 - Bilateral jumping
 - Jogging progression at 12 weeks if no gait/running deviation
- Neuromuscular re-education
- Manual techniques
 - Patellar mobilization
- Modalities

PHASE 7

Month 4-6

Goals: strength progression, sport training

- Strengthening
 - Unilateral jumping
 - Advanced plyometrics/agility drills
 - Treadmill running
- modalities