

NewportCare Medical Group

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MPFL RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I 0 - 2 weeks	As tolerated with brace locked in full extension	0-2 weeks: locked in full extension for ambulation and sleeping Off for hygiene	0-90	Heel slides, quad/hamstring sets, patella mobs, gastroc/soleus stretch***, stationary cycling no resistance, SLR with brace in full extension until quad strength prevents extension lag, No active extension against gravity
PHASE II 2 - 6 weeks	As tolerated with brace locked in full extension	2-6 weeks: unlocked for ambulation 0-90 and PT Off for sleeping and hygiene	Maintain full extension and progress flexion	Progress to weight bearing flexibility begin toe raises, closed chain quad work Begin floor based core & glutes work, hamstring curls and stationary bike
PHASE III 6 weeks - 4 months	Full, without use of crutches and with a normalized gait pattern	Discontinue use at 6 weeks when patient has full extension and no extension lag	Gain full and pain-free	Advance closed chain strengthening, progress balance, core, pelvic and and stability work. Begin elliptical, in-line jogging (treadmill to start) at 12 weeks with PT/ATC supervision.
PHASE IV 4 - 6 months	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport specific drills at 16 weeks with PT/ATC supervision Return to play as tolerated after 20 weeks when cleared by PT and MD

*Modified with concomitantly performed articular cartilage procedure

***This exercise is to be completed in a non-weight bearing position