



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following MPFL Reconstruction

Weight Bearing Status – **AS TOLERATED in brace locked in extension with crutches x 6 weeks**

Post-Op Week 0-2:

Goals:

1. Minimize swelling and pain
2. Establish quadriceps control (No NMES over VMO)
3. Restore FULL knee extension
4. ROM: 0-90⁰ PROM/AAROM

Exercises:

1. Quad sets, SLR - flexion, abduction, adduction
2. Hamstring and IT band stretching, calf towel stretch, ankle pumps
3. Modalities for pain and swelling (No NMES over VMO)

Criteria before Phase 2: Quad control, full passive extension, minimal joint effusion

Post-Op Weeks 2-4:

Goals:

1. Establish quadriceps control
2. Core and hip strengthening with ROM restrictions
3. ROM: 0-90⁰ PROM/AAROM

Exercises:

1. Prone quad sets, TKE
2. Four- way theraband
3. Modalities PRN

Criteria before Phase 3: ROM 90⁰, Quad strength = 60% of normal, minimal to no joint effusion

Post-Op Weeks 4-6:

Goals:

1. ROM: Maintain FULL extension, 90⁰ flexion PROM/AAROM
2. Restore quadriceps strength
3. Begin restoring proprioception

Exercises:

1. Stationary bike for ROM without restrictions (not full revolutions)
2. Closed chain quadriceps exercises
3. Mini squats 0-45⁰ with ball
4. Continue core and hip strengthening with ROM restrictions

Post-Op Weeks 6-8:

Goals:

1. Discontinue brace and crutches at week 6 (normal gait and good quad control)
2. Restore proper gait training
3. Regain FULL ROM

Exercises:

1. SLRs without brace
2. Continue with stationary bike (high seat, low resistance)
3. Continue with closed chain exercises
4. Proprioception (mini trampoline standing, stable and unstable BAPS exercises)

Post-Op Weeks 8-12:

Goals:

1. Normalize lower extremity strength
2. Improve endurance and introduce functional exercises
3. Protect patellofemoral joint
4. Progress with strength, power and proprioception

Exercises:

1. Mini squats and leg press to 60°
2. Increase stationary bike resistance
3. Step-ups (begin with 2" and gradually increase to 8")
4. Proprioception and balance (lateral slide board, ball throwing and catching on BAPS)
5. Treadmill walking

Post-Op Weeks 12+:

Goals:

1. Return to running progression
2. Functional agilities
3. Return to unrestricted activities by 4-5 months, as per physicians' orders

Exercises:

1. Advance with closed chain exercises
2. Begin to incorporate cutting drills into agility training
3. Advance heights with plyometric conditioning
4. Sport specific drills (start at 25% on speed and advance as tolerated)

Criteria for release to sport(s):

1. Full ROM
2. Quad and hamstring strength 90% of contralateral side
3. No reactive effusion or instability with sport-specific drills
4. No patellofemoral symptoms