

GARRETT COUNTY ORTHOPAEDICS

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Medial Patellofemoral Ligament (MPFL) Repair/Reconstruction

Precautions: must wear brace at all times (even while sleeping)

Brace ROM as follows:

- Week 1: locked full extension
- Week 2: 0-20 degrees
- Week 3: 0-45 degrees
- Week 4: 0-60 degrees
- Week 5: 0-75 degrees
- Week 6: 0-90 degrees

Patients are progressed within all phases according to established limits and individual patient readiness

Days 0-14:

- Crutches – WBAT (D/C crutches when gait is WNL)
- AROM, AAROM 0-20 degrees
- GENTLE Patellar mobilization (teach patient)
- Ankle pumps with TB
- Quad sets (estim if poor quad control)
- SLR all directions in brace
- Double leg heel raises
- Gentle HS stretching, calf stretching
- Passive extension with heel on bolster or prone hangs

Week 3-4:

- Crutches – D/C when gait is WNL
- Continue appropriate previous exercises
- Stationary bike within knee ROM
- Scar massage when incision healed
- Heel slides within ROM restrictions
- Progress standing SLR all directions BEGIN AT WK 4
- Heel raise progression DL to SL as tolerated
- Stretches – HS, AT, Hip Flexors, ITB

Week 5-6:

- Continue appropriate previous exercises
- Gait training (retro, forward, TM, cone walking, etc)
- Stationary bike within knee ROM limits
- Standing SLR x 4 with light ankle weight as tolerated
- Mini-squat in shuttle or total gym (no active flexion >45; passive flexion to 90 with push up with opposite leg)
- Leg press 0-45 with light resistance)
- Hamstring closed chain 0-45- stool scoots
- SAQ with light wt as tolerated
- Beginning level pool exercises

Weeks 7-12:

- Continue appropriate previous exercises
- Progress to full knee ROM
- Partial wall squats – No knee flexion past 45 degrees
- Forward, lateral and retro step up progression start 2" step (no knee flexion > 45 until 9wks)
- Proprioceptive training – single leg standing, double leg BAPS for weight shift, progress to single leg BAPS, foam, rocker boards, ball toss and Body Blade, standing SLR x 4 with TB bilaterally
- Hamstring curls through full range- open chain at 9wks
- Stationary bike progressing resistance
- Elliptical trainer
- Progression intermediate pool exercises
- TM walking progression starts at 9wks

12 weeks- 6 months:

- Continue appropriate previous exercises
- Continue LE overall strength progression
- Continue SLS proprioceptive and balance training
- Functional activities – figure 8s, gentle loops, large zigzags, cariocas, lateral shuffles, etc
- Progressive functional training- hopping, 2 leg plyometrics, jump rope, etc
- Treadmill – walk to run progression program
- Pool – Begin swimming laps
- Quad stretches

NO contact sports until 6 months post-op

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