

## MPFL Reconstruction

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	<b>Weeks 1-2</b>	<b>Weeks 3-4</b>	<b>Weeks 5-6</b>	<b>Weeks 7-10</b>	<b>Weeks 11-15</b>	<b>Weeks 16+</b>
<b>Weight Bearing</b>	WBAT with brace locked at 0°			Full weight bearing		
<b>Brace</b>	Locked at 0° - may unlock with sitting Remove for sleeping after 1 <sup>st</sup> post-op visit		Discontinue with full extension, no lag			
<b>AROM</b>	AAROM 0-90°	Maintain full extension and progress flexion		Full		
<b>Exercises</b>  *control swelling/inflammation  *educate on rehab progression  *e-stim to facilitate quads	Quad sets  Glut Sets  Heel slides  SLR with brace  Sidelying Hip Abd with brace  Inferior/Superior and Medial patellar glides  Hamstring sets  Ankle pumps  Gastroc stretch	Bike – no resistance  Overball/Sportcord  Sidelying Hip Add and Ext with brace  Toe Raises  Floor based core and glute work  Balance exercises  Hamstring curls	Bike – light resistance  Clamshells  Hip abd and ext  LAQ  SAQ  Total Gym	Leg Press  Front step ups  Lateral step ups  DL→SL Balance, Proprioception  Wall sits  Multi-Hip machine  Squats	Progress with strengthening  Initiate walk to jog progression, elliptical  Light agility drills, progressing to sport specific drills  DL Plyometrics  Lunge  Balance & reach  Vectors  SL Bridge	Emphasize power, generation, and absorption  Sport specific drills  SL plyometrics  Full progression of function    *refer to advanced ACL Rehab protocol for ideas on exercises & exercise progression

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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