MPFL Reconstruction

Chippewa Valley Orthopedics & Sports Medicine 1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B

Dr. Mark McCarthy, Dr. Evan Peissig

Patient____ DOS

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

Any Questions? Please contact: Northwoods Therapy Associates/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060 May 2024