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MIDWEST
ORTHOPAEDICS
AT RUSH

Physical Therapy Protocol: Medial Patellofemoral Ligament (MPFL) Reconstruction with Hamstring Allograft

Weeks 0-6 s/p MPFL reconstruction with hamstring allograft

Physician Goals: progress to full ROM, encourage wound healing, decrease pain and inflammation

Exercises: begin and progress full A/PROM. Heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities. Progress weight bearing flexibility, begin toe raises and closed chain quad work. At 2 weeks, begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike

Comments: WBAT with crutches for support as needed, d/c crutches when able, brace locked full extension when ambulating until patient performing a straight leg raise with no lag outside of the brace, brace locked in extension while sleeping for 6 weeks.

Total Visits: 18

Weeks 6-12 s/p MPFL with hamstring allograft

Physician Goals: Continue healing/prevent stiffness, restore full PROM by week 12 at the latest, Initiate gradual return to ADLs and work

Exercises: Full ROM, advance closed chain quads, progress balance, core/pelvic and stability work, Begin stationary bike at 6 weeks, Advance SLR, floor-based exercise, transition out of brace over 2 weeks, Work on modalities for patellar stiffness and patellar mobilizations, and desensitization of the medial knee and capsule

Comments: Full ROM by 8 weeks post op, if not on track, contact office, d/c brace

Total Visits: 18

Weeks 12+ s/p MPFL with hamstring allograft

Physician Goals: Progress strength, full ROM, increase activity

Exercises: progress/maintain full ROM, progress phase II exercises, progress strengthening (core/glutes), and begin single leg balance/strengthening. Introduce sport-specific drills with MD approval

Comments: d/c to HEP as appropriate

Total Visits: 24