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MIDWEST  
ORTHOPAEDICS  
AT RUSH

## Physical Therapy Protocol: Medial Patellofemoral Ligament (MPFL) Reconstruction with Hamstring Allograft + Tibial Tubercle Osteotomy (+/- Trochleoplasty)

### *Weeks 0-6 MPFL with hamstring allograft + TTO (+/- trochleoplasty)*

Physician Goals: protect osteotomy, increase ROM, pain control

Exercises: Heel touch (10-20% BW) x 6 weeks

Weeks 0-2: ROM 0-90, Exercise: Calf pumps, quad sets, SLR in brace, modalities.

Weeks 2-6: full ROM as tolerated, Exercises: progress NWB flexibility, floor-based core, hip and glutes work, advance quad sets, pat mobs, SLR

Comments: Heel touch (10-20% BW) x 6 weeks, brace on and locked in extension at all time outside of PT and HEP

Total Visits: 18

### *Weeks 6-12 MPFL with hamstring allograft + TTO (+/- trochleoplasty)*

Physician Full ROM, progress WB

Exercises: Progress to WBAT over 2 weeks, unlock brace once pt able to perform SLR without lag, encourage full ROM, Advance closed chain quads, progress balance, core/pelvic and stability work, Begin stationary bike at 6 weeks, Advance SLR, floor-based exercise

Comments: goal of full ROM/d/c brace and crutches by 8 weeks PO, if not on track, contact office  
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Total # of Visits: 18

### *Weeks 12+ s/p MPFL with hamstring allograft (+/- TTO and trochleoplasty)*

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 # of Visits: 24