

MPFL Reconstruction

Post-op protocol for
Mathew Taylor, M.D.



Brace Use*

- Immediate WBAT locked straight (NWB full motion)
- Remove for sleeping after 1st post-op appointment
- WB progressive unlocking of brace: start as quad control improves (push by week 2)
- Discontinue brace: goal by 4 weeks

** May change with another simultaneous PF alignment procedure, cartilage restoration procedure, meniscus or ligament procedure*

Phase I: Post-op

Week 1-2

- WBAT locked straight; crutches for safety
- After 1st post-op appt ... OK to remove brace during sleep
- NWB flexion & extension: full AROM and PROM
- Start patellar mobs (superior, inferior, medial & lateral)
- Emphasize calf, quad & hamstring sets; SLR's in brace
- Modalities per therapist
- Home NMES unit if available

Phase II: ROM

Week 3-5

- Progressive WB (goal to discontinue crutches)
- Start progressive unlocking of brace with WB: as quad control improves (*start 0-30 and progress minimum 30/week*)
- Goal: full active & passive motion (ok for terminal stretch)
- Emphasize core strengthening
- Stationary bike as motion allows; SLR out of brace
- Goal: d/c brace when confident with brace open 0-90 (goal by 4 weeks)

Phase III: Strengthening

Week 6-12

- Progressive strengthening
- Continue per therapist: CKC, OKC as pain allows / per patient and therapist, balance & proprioception
- Elliptical: 10 weeks
- Running program / pool / road bike: 12 weeks

Return to Sport:

4+ months

- Agility drills and progression to HEP / Aftercare
- Progress running program per therapist
- Return to sport goal 5-6 months: depends on functional progression & sport specifics

Specific Instructions: