

**MPFL  
Reconstruction**



Post-op protocol for **Daniel Myer, M.D.**

Brace Use*		<ul style="list-style-type: none"> <li>• Immediate WBAT locked straight (NWB full motion)</li> <li>• Remove for sleeping after 1<sup>st</sup> post-op appointment</li> <li>• WB progressive unlocking of brace: start as quad control improves (2-4 weeks)</li> <li>• Discontinue brace: goal by 4-5 weeks</li> </ul> <p><i>* May change with another simultaneous PF alignment procedure, cartilage restoration procedure, meniscus or ligament procedure</i></p>
Phase I: Post-op	Week 1-2	<ul style="list-style-type: none"> <li>• WBAT locked straight; crutches for safety</li> <li>• After 1<sup>st</sup> post-op appt ... OK to remove brace during sleep</li> <li>• NWB flexion &amp; extension: full AROM and PROM</li> <li>• Start patellar mobs (superior, inferior, medial &amp; lateral)</li> <li>• Emphasize calf, quad &amp; hamstring sets; SLR's in brace</li> <li>• Modalities per therapist</li> <li>• Home NMES unit if available</li> </ul>
Phase II: ROM	Week 3-5	<ul style="list-style-type: none"> <li>• Progressive WB (goal to discontinue crutches)</li> <li>• Start progressive unlocking of brace with WB: as quad control improves (<i>start 0-30 and progress minimum 30/week</i>)</li> <li>• Goal: full active &amp; passive motion (ok for terminal stretch)</li> <li>• Emphasize core strengthening</li> <li>• Stationary bike as motion allows; SLR out of brace</li> <li>• Goal: d/c brace when confident with brace open 0-90</li> </ul>
Phase III: Strengthening	Week 6-12	<ul style="list-style-type: none"> <li>• Progressive strengthening</li> <li>• Continue per therapist: CKC, OKC as pain allows / per patient and therapist, balance &amp; proprioception</li> <li>• Elliptical: 10 weeks</li> <li>• Running program / pool / road bike: 12 weeks</li> </ul>
Return to Sport:	4+ months	<ul style="list-style-type: none"> <li>• Agility drills and progression to HEP / Aftercare</li> <li>• Progress running program per therapist</li> <li>• Return to sport goal 5-6 months: depends on functional progression &amp; sport specifics</li> </ul>

Specific Instructions: