

**MPFL
Reconstruction**



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

Brace Use*		<ul style="list-style-type: none"> • 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 <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"> • 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	<ul style="list-style-type: none"> • Progressive WB (goal to discontinue crutches) • Start progressive unlocking of brace with WB: as quad control improves (<i>start 0-30 and progress minimum 30/week</i>) • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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: