

Patient Name:
Patient Phone:
Surgery/DOS:
Surgeon:
ATC:

MPFL RECONSTRUCTION WITH TTO

Phase I (0-2 weeks)

- NWB
- BRACE: Must be locked in full extension at all times except for exercises and hygiene
- ROM: 0-90 degrees in brace

Exercises: no active knee extension

- o Quad sets
- o Straight leg raises in Brace
- o Calf pumps

Goal of 0-90° by Week 4 • Goal of full passive flexion & extension by Week 6-7 • NO Active extension in initial 4 weeks

Phase II (2-6 weeks)

- Continue NWB
- Brace: OK to be off at night when sleeping
- ROM: May progress >90 degrees after week 2, with goal of full >120 by week 6

Exercises:

- o Begin table-based core, hip and glutes work
- o Advance quad sets
- o Straight leg raises

Phase III (6-8 weeks)

- Advance weight bearing to WBAT and normalized gait pattern
- Ok to wean from brace, can switch to a PF sleeve brace

Exercises:

- o Advance closed chain quads
- o Progress balance
- o Advance core/pelvic stability work
- o Ok to begin stationary bike at 6 weeks
- o Advance SLR, table-based exercise

Phase IV (8-16 weeks)

Exercises:

- o Progress flexibility and strengthening
- o Progression of functional balance core and glutes program
- o Advance bike after 12 weeks. Add elliptical after 14 weeks

Phase V (16-24 weeks)

Exercises:

- o Maximize single leg dynamic and static balance
- o Glutes and pelvic stability and core
- o Closed chain quad program
- o Begin training sport-specific drills

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy

Per treating therapist

Signature _____ **Date** _____