



MPFL RECONSTRUCTION



STEPHEN THON, MD
ORTHOPEDIC & SPORTS MEDICINE SURGEON
www.stephenthonmd.com

MPFL Reconstruction - physical therapy prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L MPFL Reconstruction

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

PHASE I (Weeks 0-2)

Weight Bearing: WBAT in Brace locked in full extension ONLY
Brace: On at all times including sleep. May remove for hygiene and changing clothing only
ROM: 0-90 degrees
Exercises: Heel slides, quad and hamstring sets, patellar mobs, gastroc stretches, SLR in brace, modalities

PHASE II (Weeks 2-6)

Weight Bearing: WBAT in Brace ONLY
Brace: On at all times when ambulatory. May remove for sleep and hygiene.
ROM: Maintain full extension and progress flexion past 90 degrees
Exercises: Progress weight bearing flexibility, begin toe raises and closed chain quad work Begin floor-based core and glutes work, balance exercises, hamstring curls and stationary bike

PHASE III (Week 6 – 4 months)

Weight Bearing: Full
Brace: Discontinue at 6 weeks if able to obtain full extension w/o lag, transition to patellar brace
ROM: Full
Exercises: Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision

PHASE IV (4+ months)

Weight Bearing: Full
Brace: Patellar Brace Only during physical activity
ROM: Full
Exercises: Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 wks

RETURN TO PLAY (4+ Months)

Return to play as tolerated after 16 weeks post-op when cleared by MD
Full, pain-free ROM
Strength of operative leg 85+% of non-operative leg

Signature: _____

Date:
Stephen G. Thon, MD

www.AdvancedOrtho.org

Phone: (303) 344-9090
Fax: (720) 895-1121