

## MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION & LATERAL LENGTHENING PROTOCOL

This protocol is a general outline. "As tolerated" refers to no increased sharp pain, swelling, or other undesirable factors. If any of these occur, decrease activity level and ice. Progression and return to sport may vary between individual patients, and will be guided by your provider's team (physician, physician assistant, athletic trainer, and therapist) input and appropriate testing.

### PHASE I: WEEKS 0-2

#### **Weight-bearing:**

- Touchdown weight bearing x 2 weeks

#### **Brace:**

- Knee Immobilizer until first post-op visit
- Hinged knee brace set 0-90, but locked in extension for ambulation until adequate quad strength

#### **Range of Motion (ROM):**

- Range of motion as tolerated

#### **Therapeutic Exercises:**

- Strengthening/Neuromuscular training
- Quad, glute, hamstring sets, Open chain hip strengthening (4-way SLR)
- core strengthening
- Ankle strengthening and stretching
- Gait & balance training
- Stationary bike immediately

#### **Manual Therapy and Modalities:**

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

#### **Progression Criteria:**

- Full passive knee extension
- Minimal joint effusion

### PHASE II: WEEKS 2-6

#### **Weight-bearing:**

- Weight-bearing as tolerated (WBAT) with knee in full extension for 4 weeks

#### **Range of Motion (ROM):**

- 0 to 90 degrees for 4 weeks (non-weight-bearing), then ROMAT

#### **Therapeutic Exercises:**

- Gait & balance training
- Eccentric quad strengthening
- Hip/glute strengthening (4-way SLR, band walks, step ups, step downs, bridges, etc.)
- Core strengthening
- Stationary bike

#### **Manual Therapy and Modalities:**

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy, compression, e-stim as needed

#### **Progression Criteria:**

- Full ROM
- No effusion
- No pain
- Good quad strength

## PHASE III: WEEKS 6-12

### **Therapeutic Exercises:**

- Progress ROM and flexibility to full
- Closed Kinetic Chain (CKC) multi-plane activities
- Continue hip and core strengthening
- Continue gait and balance training
- Stationary bike
- May begin impact activities when established normal gait, full ROM and demonstrates good quad control

### **Manual Therapy and Modalities:**

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy and compression as needed

### **Progression Criteria:**

- No swelling or pain
- Full ROM

Tolerating impact activities well, may progress to sport specific training

## PHASE IV: RETURN TO SPORT

### **Therapeutic Exercises:**

- Advance impact activities
- Continue with single leg strengthening & eccentric quad control
- Initiate running
- Box Drill- walk→jog→sprint progressing 4 cones from 5 yards apart to 10, 20 then 40 yards apart. Clockwise/counter-clockwise
  - This can progress to more sport specific skills (i.e. dribbling basketball, kicking soccer ball)
- Specific return to sport protocols may be found on our website under "Home Exercise Programs" with 14 sports that include sport specific skills and drills