

Medial Patello-Femoral Ligament Reconstruction (MPFL)



DR. EASTWOOD

POSTOPERATIVE PHASE IA: (0-2 Weeks)

WEIGHT BEARING

- Touch-down weight bearing (TDWB)

BRACE

- Locked-in extension (may remove for exercises)

ROM

- Passive flexion 0°-90°. Obtain full extension.

THERAPEUTIC ELEMENTS

- Heel slides, quad and hamstring sets, patella mobilizations, straight leg raises, prone hangs
- Ice 3x/day x 20 minutes (do not place directly on exposed skin)
- Modalities as needed

POSTOPERATIVE PHASE II: (6-12 Weeks)

WEIGHT BEARING

- Discontinue crutches. Full weight bearing.

BRACE

- Discontinue brace at 6 weeks

ROM

- Full ROM

THERAPEUTIC ELEMENTS

- Stationary bike
- Wall sits and lunges
- Balancing exercises

POSTOPERATIVE PHASE IB: (2-6 Weeks)

WEIGHT BEARING

- Weight bearing as tolerated with crutches

BRACE

- Progressively open brace to 90°

ROM

- Advance ROM to full as tolerated

THERAPEUTIC ELEMENTS

- Limit WB exercise to flexion angles <90°

POSTOPERATIVE PHASE III: (12-16 Weeks)

WEIGHT BEARING

- Full weight bearing

ROM

- Full ROM

THERAPEUTIC ELEMENTS

- Advance closed chain strengthening, leg press, leg curls
- Plyometric and proprioceptive training

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

250 S. MAIN STREET, SUITE 224A
BLACKSBURG, VA 24060
P 540.552.7133 | F 540.552.7143
ORTHOVIRGINIA.COM