

 <p>Mount Sinai West</p>	<p>Aruna Seneviratne MD Tel. 212-636-8290 Fax 212-636-3102 www.replayortho.com</p>	<p>Department of Orthopaedic Surgery 425 West 59th Street, 5th floor New York, NY 10019</p>
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Rehabilitation Protocol Following MPFL or MQTFL Reconstruction

POD #1-10

Brace – Locked in extension for ambulation and sleeping. Off for hygiene.

ROM – 0-90 deg

Exercises – calf pumps, heel slides, quad and hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities

Weight Bearing – as tolerated with brace.

Week 2-6

Brace – Discontinue at 4 weeks if able to obtain full extension

ROM – Full range motion – maintain full extension and progress flexion as tolerated.

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

Weight Bearing – as tolerated

Modalities – Ultrasound, E.Stim.

Week 6- 4 months

Brace – None

ROM – 0-140 as tolerated – regain full flexion.

Exercises - Advance closed chain quads, progress balance, core/pelvic and stability work. Begin elliptical, in-line jogging at 12 weeks under PT supervision

Weight Bearing - Full

Beyond 3 months

Progress flexibility/strengthening, progression of function: forward/backward running, cutting, grapevine, initiate plyometric program and sport-specific drills @ 16 wks Return to play as tolerated after 16 weeks post-op when cleared by MD