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MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) REPAIR/RECONSTRUCTION POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 14

- Dressing:
 - POD 1: Debulk dressing, TED Hose in place
 - POD 2: Change dressing, keep wound covered, continue TED Hose
 - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace – Days 1-7: Locked in extension
 - Weeks 1-2: Locked at 0-20 degrees
- Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)
- AROM, AAROM 0-20 degrees
- Patellar mobilization (teach patient)
- Calf pumping
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads / HS
- Straight leg raise (SLR) x 4 on mat, in brace (parallel bars if poor quad control)
- Double leg heel raises
- Gentle Hamstring stretching
- Ice pack with knee in full extension after exercise

GOALS

- Pain / effusion control
- No extensor lag

Weeks 2 - 4

- Brace:
 - Weeks 2-3: 0-45 degrees
 - Weeks 3-4: 0-60 degrees
- Continue appropriate previous exercises
- Scar massage when incision healed
- AAROM, AROM 0-60 degrees
- SLR x 4 on mat, without brace – no resistance
- Single leg heel raises
- Stretches – Hamstring, hip flexors, ITB

GOALS

- Normal gait
- AROM 0-60 degrees

WEEKS 4 - 6

- Brace:
 - Weeks 4-5: 0-75 degrees
 - Weeks 5-6: 0-90 degrees

- Continue appropriate previous exercises
- AROM, AAROM 0-90 degrees
- Standing SLR x 4 with light weight at ankle
- Weight shifts, Mini squats
- Short arc quads with light weight as tolerated
- Total Gym – Mini squats (level 3-5) – No flexion > 45 degrees
- Passive flexion to 90 degrees (push up with opposite leg)
- Leg press 0-45 degrees with light resistance
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
- Proprioception ex – Double leg BAPS
- Stationary bike for ROM
- Pool therapy

GOALS

- ROM 0-90 degrees
- No effusion

WEEKS 6 - 9

- Brace:
 - Weeks 6-7: 0-105 degrees
 - Weeks 7-9: 0-120 degrees
- Continue appropriate previous exercises
- PROM, AAROM, AROM through full range
- Wall squats – No knee flexion past 45 degrees
- Standing SLR x 4 with Theraband bilaterally
- Forward, lateral and retro step downs
- No knee flexion past 45 degrees (small step)
- Proprioceptive ex – Single leg BAPS, ball toss, and body blade
- Hamstring curls through full range – Carpet drag or rolling stool (closed chain)
- Stationary bike – Progressive resistance and time
- Elliptical trainer
- Treadmill – Forwards and backwards walking

GOAL

- Full AROM

WEEKS 9 - 12

- D/C brace
- Continue appropriate previous exercises with progressive resistance
- PROM, AAROM, AROM to regain full motion
- Hamstring curl weight machine
- Knee extension weight machine
- Hip weight machine x 4 bilaterally
- Forward, lateral and retro step downs – Medium to large step
- Treadmill – Walking progression program

GOAL

- Walk 2 miles at 15 min/mile pace

MONTHS 3 - 4

- Continue appropriate previous exercises
- Fitter
- Slide board
- Agility drills – figure 8s, gentle loops, large zigzags

- Swimming
- Stairmaster – Small steps
- Treadmill – Running progression program
- Quad stretches

GOAL

- Run 2 miles at normal pace

MONTHS 4 - 6

- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Sit-up progression
- Progressive weight training program
- Running progression to track
- Transition to home / gym program

GOAL

- Return to all activities

****NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP****

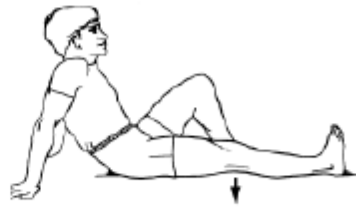
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

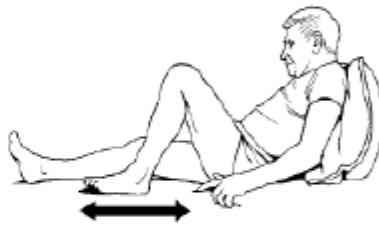
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics



Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



ADAPTED FROM:

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