

## **Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol**

Hinged knee brace is to be worn for approximately the first 6 weeks according to Dr. Driscoll's instructions. May remove brace for therapy. Please develop home program for each phase.

### **PHASE 1 (weeks 1-4) Goals – control pain, inflammation, and effusion, initiate knee ROM, activate and strengthen quadriceps, and strengthen kinetic chain.**

- Protected weight bearing with crutches in hinged knee brace locked in extension
- Ice and other modalities to reduce inflammation and swelling
- Restore ROM (non-weight bearing active and active-assisted ROM)
  - Early range of motion encouraged to prevent stiffness.
- Quadriceps activation
  - Quad sets
  - Straight leg raises with brace locked in extension until no extensor lag
  - Goal of 500 reps per day with each
- Strengthen core, hip abductors, gastroc-soleus

### **PHASE 2 (weeks 5-8) Goals - restoration of normal ROM, progress to functional closed chain strengthening, continue kinetic chain training, & maintain cardiovascular fitness.**

- Advance as tolerated to full weight bearing with brace unlocked
- Discontinue hinged knee brace when full weight bearing with normal gait
- Regain full ROM
- Exercise bike with low resistance once flexion is > 105°
- Closed chain strengthening exercises (leg press, wall squats) in lateral buttress brace after full weight bearing
- Continue kinetic chain training (core, hip abductor strengthening, balance training, proprioception)
- Lateral patellar buttress brace for outside activities

### **PHASE 3 (weeks 9-12) Goals – continue strengthening and advance functional training while protecting reconstruction.**

- Continue to use lateral patellar buttress brace
- Advance lower extremity strengthening
- Continue kinetic chain training (core, hip abductor strengthening, balance training, proprioception)
- Straight line jogging ok
- Avoid pivoting, twisting, cutting, etc

### **PHASE 4 (weeks 12-16) Goals – preparation for return to sport.**

- Sport specific training followed by return to sport
- Wean lateral buttress brace as tolerated