

P: 405.885.8195 F: 405.218.2535 E: <u>ortho@jtglomsetmd.com</u> www.jtglomsetmd.com

MPFL ALLOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHTBEARING	BRACE	ROM	EXERCISES
PHASE I	As tolerated	On at all	0-90°	Heel slides, quad and
0-2 weeks	with brace	times during day and while sleeping** Off for		hamstring sets, patellar mobs, gastroc stretch, SLR in brace, modalities
		hygiene		
PHASE II 2-6 weeks	As tolerated with brace	Discontinu e at 6 weeks if able to obtain full extension w/o lag*	Maintain full extension and progress flexion	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
PHASE III 6 weeks - 4 months	Full	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin elliptical, in-line jogging at 12 weeks under PT supervision
PHASE IV 4-6 months	Full	None	Full	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

*Brace may be changed to patellar-stabilizing brace (Hely-Weber, Shields, or equivalent) after first post-operative visit

**Brace may be removed for sleeping after first post-operative visit (day 7-10)