

MPFL Repair Post-op Physical Therapy Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

**Weeks 0-2 Primary goals: Eliminate swelling; ROM – full extension; FWB;
Regain quad control**

- Weight bearing as tolerated (WBAT) with brace locked in extension
- Brace locked in extension for sleep
- ROM as tolerated: minimum 0-90 degrees
- Straight leg raise
- Quad sets
- Towel roll

**Weeks 2-4 Primary goals: Increase ROM; Increase total leg strength;
Normalize gait**

- Discontinue brace (if possible)
- ROM as tolerated (minimum 0-110)
- Emphasize patellar mobilization
- Stationary bike
- Step ups: anterior – 4 inches @ 2 weeks; 6 inches @ 3 weeks
- Balance board – Bilateral: frontal and sagittal planes
- Half squats
- BAPs – FWB
- Unilateral stance
- Leg press – Bilateral 0-90

**Weeks 4-6 Primary goals: Normal ADLs; Increase functional capacity;
Increase strength**

- ROM – WNL
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 8 inches

- Step ups – Anteromedial: 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Unilateral squats
- Unilateral stance on trampoline
- Leg press – unilateral

Weeks 6-10 **Primary goals: Increase functional leg strength;
Normalize balance and proprioception**

- 2# ball toss on trampoline – unilateral stance – increase dispersion with improved control
- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Stairmaster – contralateral rotation and straight
- Sliding board
- Slow jogging (straight ahead)

Weeks 10-14 **Primary goals: Increase agility and speed of training;
Normalize strength; Increase muscular endurance**

- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume
- Fitter side-side

Months 4-6 **Primary goals: Gradual return to athletic activity;
Discharge to home program**

- Jumping
- Unilateral hopping
- Agility drills; running, cutting