

MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) REPAIR REHABILITATION PROTOCOL

General notes:

"As tolerated" should be understood to be with safety for the meniscus repair; pain, limp, swelling, or other undesirable factors are indicators that you are doing too much too soon. If any of these should occur, decrease activity level, ice and elevate the leg.

Ice should be applied to the knee for 15-20 minutes following each exercise, therapy, or training session.

Return to sport based on provider team (physician, physician assistant, athletic trainer, therapist) input and appropriate testing.

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers

Weeks 0 to 2: Healing Phase

Brace:

Locked at 0 degrees, to be worn at all times

Weight Bearing:

NWB (non weight bearing), crutches at all times

Therapeutic Exercises:

Ankle pumps (bending ankle, moving foot up/down), Towel calf stretch

Strengthening: Quad set (squeeze thigh muscles tight)

Conditioning: UBE (upper body exercise bike)

Manual Therapy: Patella mobilization (knee cap slides: up, down, side to side), Scar and soft tissue massage

Weeks 3 to 4: Protective Phase/Early motion

Brace:

At all times (locked 0 to 30 degrees)

Weight bearing:

NWB, continue crutches

ROM (range of motion):

Passive ROM, Active Assisted ROM Goals:

Extension (straight): 0 degrees

Flexion (bent): 30 degrees

Therapeutic Exercises:

Ankle pumps

Strengthening: Quad sets, 4-way SLR (four directions: forward, backward, inside, outside) in brace, Upper body strength training exercises allowed if sitting or lying down

Conditioning: UBE

Manual Therapy:

Patella mobilization, Soft tissue and scar massage

Weeks 5 to 6: Full Motion Phase

Brace:

At all times (locked 0 to 45 degrees)

Weight Bearing:

Partial weight bearing (25-50%), continue crutches

PROM/AAROM Goals

Extension: 0 degrees

Flexion: 60 degrees

Therapeutic Exercises:

Strengthening: Quad Sets, 4-way SLR, continue upper body strength training, begin core training exercises

Conditioning: UBE

Manual Therapy:

Patellar Mobilization, Soft Tissue

Weeks 7 to 8: Strengthening Phase

Brace:

At all times (locked 0 to 60 degrees)

Weight Bearing:

Partial weight bearing (25%-50%), continue crutches

PROM/AAROM Goals:

Extension: 0 degrees

Flexion: 90 degrees

Therapeutic Exercises:

Strengthening: 4 way SLR, begin lower body closed chain exercises, continue upper body strength training

Conditioning: UBE, begin exercise bike with minimal resistance

Manual Therapy: Continue as necessary

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Weeks 9 to 10: Strengthening Phase

Brace:

At all times (locked 0 to 90 degrees)

Weight Bearing:

Progress to full weight bearing, wean from crutches

ROM Goals:

0-120 degrees

Therapeutic Exercises:

Strengthening: closed chain exercises, core strengthening exercises, upper body
Proprioception: Weight shifting
Conditioning: UBE, begin exercise bike with minimal resistance

Therapeutic Exercises:

Continue closed chain exercises progression, Bike

Weeks 11 to 12: Advanced Strengthening Phase

ROM Goals:

0-135

Weight Bearing:

full weight bearing, no crutches

Therapeutic Exercises:

Strengthening: Lower body closed chain multi-plane exercise, begin upper body exercises in full weight bearing
Proprioception: Weight shifting, single leg balance activities, excursion activities
Conditioning: Bike, treadmill running straight ahead

Manual Therapy:

Prone quad stretching, soft tissue as needed

Weeks 13-24: Sport Specific Phase

ROM Goals:

Full

Therapeutic Exercises:

Strengthening: Continued from previous phase
Proprioception: Continued from previous phase
Conditioning: Bike, running outside, cutting/multi-directional drills, plyometric exercises