

Patient: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

**Procedure: Right/Left MPFL reconstruction**

*Associated Procedure (circled if applicable):* Meniscectomy/Meniscal Repair, microfracture, cartilage transplantation

**Special Instructions:** \_\_\_\_\_

**Phase I (0-4 wks): *Period of protection***

**Weight bearing:** WBAT, wean from crutches by POD10

**Brace:** Hinged brace locked in extension.

**ROM:** Immediate passive ROM to tolerance, active knee flexion as tolerated, avoid active knee extension. Goal 90° by 4 weeks.

**Ice:** Not directly on skin. Recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

**Exercises:** Gentle quad sets, co-contraction, isometric quad/hamstring strengthening in extension and at knee flexion >60°. SLR with brace in extension.

**Phase II (4-12 wks): *Transition phase***

**Weight bearing:** Full

**Brace:** Discontinue if good quad control. If struggling at 4 weeks unlock to 0-30° and then 5 weeks 0-90° discontinuing at week 6. Removed for sleeping at week 4.

**ROM:** Passive ROM as tolerated with gentle end range stretching. AROM and AAROM to tolerance without resistance.

**Ice:** Not directly on skin. Recommend as much as possible at minimum after PT.

**Exercises:** Once no lag on SLR and no limp during gait (usually by 6 wks), can begin closed-chain quad/core and hamstring strengthening as follows: **for weeks 4-6, only do strengthening with knee bent 60 degrees or more;** after 6 weeks, can begin to advance closed chain strengthening at progressively greater degrees of extension (advance ~20 degrees per week, such that strengthening is done from full extension to full flexion by 3 months).

**Phase III (3-6 mo): *Sport specific conditioning***

**Weight bearing:** Full

**Brace:** None

**ROM:** No limitation. Aggressive end range stretching if full ROM not yet achieved.

**Exercises:** Progress closed chain patellofemoral strengthening without limits. Begin treadmill walking and progress with balance and proprioception.

**Jogging:** Begin straight ahead jogging program if core and hip strength appropriate at 3-3.5 post-op.

**Sports:** Release to sport between 3.5-5 months when full motion and strength obtained.

Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

\_\_\_\_\_ Date: \_\_\_\_\_

Dax Varkey MD, MPH