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Physical Therapy Prescription MPFL Reconstruction

Patient Name: _____

Today's Date: _____

Surgery Date: _____

Dx: s/p (LEFT / RIGHT) Reconstruction of MPFL (with Allograft)

WEEK 1

- ___ Full Extension in Bledsoe Brace locked @ 0 degrees
- ___ Ambulate TTWB with Bledsoe Brace locked @ 0 degrees
- ___ Dressing change
- ___ Cryotherapy prn
- ___ Passive ROM 0°-30°
- ___ Quad sets and SLR in brace locked at 0 degrees

WEEKS 2-6

- ___ WBAT starting 3 weeks after surgery with brace locked @ 0 degrees in Full Extension for first 6 weeks
- ___ Progress ROM in CPM 0°-Full flexion (after post-op visit) as Quad tone and strength increase over 6 week period
- ___ Straight Leg Raises / Quad Sets
- ___ Quadriceps CKC in short arc at 4-6 weeks based on pain. Must have no extensor lag on SLR to begin CKC
- ___ Stationary Bike – OK out of Brace (low ROM, raised seat)
- ___ Modalities prn (Biofeedback unit, E-stim)
- ___ Proprioception on stable surface at 4 weeks
- ___ OKC hip and glute strengthening
- ___ D/C brace at 6 weeks

WEEKS 6-12

- ___ PRE's – Focus Hip Abductors and Hamstrings
- ___ Begin CKC strength progressing to full arc as tolerated. Progressive overload in linear progression.
- ___ Proprioception exercises
- ___ Begin anti-rotation exercise of trunk and spinal extensor muscles
- ___ Goal of full ROM by 8 weeks
- ___ Assess posture and functional movement patterns. Corrective exercises as needed.
- ___ Frontal plane motions only and strengthening. Sagittal plane motion to begin once SLSD test is symmetric

WEEKS 12+

- ___ May begin in-line jogging program if eccentric step-down test is symmetric
- ___ Continue with CKC strength focused on quad, hamstring and hip/gluteal muscles. Push and hip hinge moves
- ___ No plyometrics or sport specific cutting drills until 4 months, begin gradual and progress as tolerated
- ___ Agility drills in single plane, frontal and sagittal only until 4 months post op
- ___ Continue trunk strength progressing to rotational and continuing anti-rotation exercises
- ___ Explosive and triple extension LE exercises okay at 4 months post op (Plyometrics, Oly lifts, etc.)

Frequency & Duration (circle one) 1-2 2-3 x/week for _____ weeks Home Program

Physician's Signature: _____ **M.D.**