



EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

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## **MPFL Reconstruction without Osteotomy**

### **Days 3 – 20**

- **Brace:** ROM brace locked in full extension
- **Ambulation:** 100% WB
- **ROM:** 0-90 degrees
- **Flexibility exercises:** hamstring, gastroc/soleus stretching, quad, and ITB stretching
- **Strengthening:** Quad sets and SLR in all planes
- **Special Instructions:** Begin patellar mobilization in all planes

### **Days 21 – 27**

- **Brace:** ROM brace locked in full extension
- **Ambulation:** 100% WB
- **ROM:** 0-110 degrees
- **Special Instructions:** Continue with previous ex and mobilization

### **Week 4**

- **Brace:** ROM brace locked in full extension
- **ROM:** 0-110 degrees
- **Strengthening:** Begin low level CKC ex including TG and wall squats at ROM less than 110 degrees

### **Week 5**

- **ROM:** 0-120 degrees
- **Strengthening:** Continue with ex as above

### **Week 6**

- **Brace:** DC brace after week 6
- **Ambulation:** Full WB with brace unlocked
- **ROM:** 0-135 degrees
- **Strengthening:** Continue with open kinetic chain ex/CKC ex
- **Special Instructions:** Begin bike

### **Week 8**

- **ROM:** Full knee AROM
- **Strengthening:** Progress toward full strength and function

### **Week 12**

- ☐ May begin running program if quadricep and hamstring strength are 70% of non-involved limb strength with normal cartilage surfaces

Progression within the individual time frames is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact Dr. Ryan Livermore at (316) 219-8299.





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