



Dr Daniel Cohen MBBS FRACS FAOrthA

## **MPFL Reconstruction Protocol**

<b>Stage</b>	<b>Goals</b>	<b>Weight Bearing</b>	<b>ROM/Cardio</b>	<b>Exercises</b>
<b>Stage 1 Recovery from Surgery 0-4 weeks</b>	<ol style="list-style-type: none"> <li>1. Reduce Swelling (RICE)</li> <li>2. Protect Graft</li> <li>3. Minimise muscle atrophy</li> <li>4. Regain Quads Contraction</li> <li>5. Full active Extension</li> </ol>	<b>PWB</b> ROM Brace <b>locked in Extension for sleeping and mobilizing</b>	<b>0-30° weeks 0-2</b> <b>0-60° week 3</b> <b>0-90° week 4</b>  <b>Scar massage once wounds healed</b>	Static Exercises IRQ within limits of prescribed ROM SLR locked in extension Co-contraction Hip coronal plane exercises (hip in neutral rotation only)
<b>Stage 2 Initial Strengthening and gait re- training 4-8 weeks</b>	<ol style="list-style-type: none"> <li>1. Restore full ROM</li> <li>2. Gait re-training</li> <li>3. Quads control and gait</li> <li>4. Scar massage</li> <li>5. Wean ROM Brace</li> </ol>	<b>WBAT</b> ROM brace unlocked Wean brace once quads control achieved	ROM brace <b>unlocked from week 6</b> Stationary exercise bike program once >90°- start floor pedals progress to high seat, low resistance <b>Biofeedback and balance</b>	<b>No open chain exercises or deep squats/weight bearing</b> Medial patella glides Start half squat and 45° wall slides/leg press Standing calf raises Coronal hip exercises with light resistance Proprioception from week 6

P. 02 9030 5088 | F. 02 9030 5099 | ABN. 62 531 642 572 | E. referrals@drdancohenortho.com.au | W. drdancohenortho.com.au

Doctors Rooms Bondi Junction Suite 2104, Level 21, Westfield Tower 2, 101 Grafton Street, Bondi Junction NSW 2022 Provider No. 435637YL  
 Sydney Orthopaedic Trauma & Reconstructive Surgery Suite 201, Level 2, 131 Princes Hwy, Kogarah NSW 2217 (Cnr South Street) Provider No. 435637HF  
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<p><b>Stage 3</b> <b>8-16 weeks</b></p>	<ol style="list-style-type: none"> <li>1. Multi-directional patella mobilization</li> <li>2. Quads and VMO strength</li> <li>3. Progress cardio</li> <li>4. <b>Patella taping</b></li> </ol>	<p><b>WBAT</b></p>	<p>Week 8 Elliptical Swimming- freestyle and pool walking only</p> <p>Week 12-14 Inline running</p>	<p><b>Still need to avoid deep weight bearing/loading</b> Multi-directional glides Progress leg press and squats 0-60° (week 8) then 0-90° (week 10) Hip ABD/ADD strengthening Hip flexor strengthening Hamstring curls ITB desensitization and stretching</p>
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ORTHOPAEDIC  
SURGEON

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<p><b>Stage 4</b> <b>Week 16-18+</b> <b>Return to Sport</b></p>	<ol style="list-style-type: none"> <li>1. Integrate Plyometrics</li> <li>2. Return to Functional Activity</li> <li>3. Agility Training</li> <li>4. Multi-directional movement</li> </ol>	<p>WBAT</p>	<p>Multi-plane plyometrics Multi-plane Agility Cutting and Pivoting Exercises Ladder Drills Landing Mechanics</p>	<p><b>Return to Sport Criteria</b> Trampoline double then single leg Single Leg hop Quads index &gt; 95% Hamstrings index &gt;95% Pain and swelling free post exercise</p>
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