

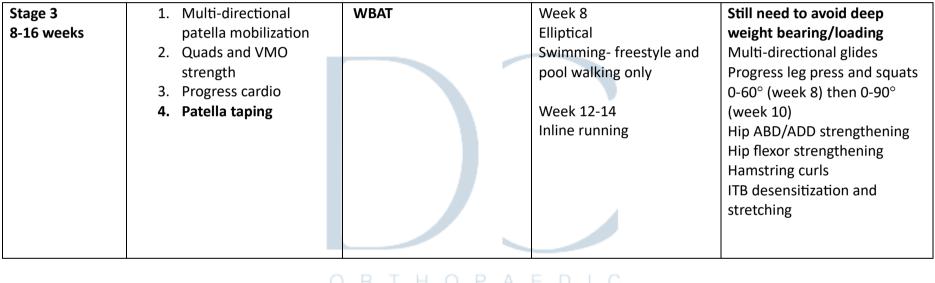
MPFL Reconstruction Protocol

Stage		Goals	Weight Bearing	ROM/Cardio	Exercises
Stage 1	1.	Reduce Swelling (RICE)	PWB	0-30° weeks 0-2	Static Exercises
Recovery from	2.	Protect Graft	ROM Brace locked in	0-60° week 3	IRQ within limits of prescribed
Surgery	3.	Minimise muscle	Extension for sleeping	0-90° week 4	ROM
0-4 weeks	1	atrophy	and mobilizing		SLR locked in extension
	4.	Regain Quads		Scar massage once	Co-contraction
	1	Contraction		wounds healed	Hip coronal plane exercises
	5.	Full active Extension			(hip in neutral rotation only)
Stage 2	1.	Restore full ROM	WBAT	ROM brace unlocked from	No open chain exercises or
Initial	2.	Gait re-training	ROM brace unlocked	week 6	deep squats/weight bearing
Strengthening	3.	Quads control and gait	Wean brace once quads	Stationary exercise bike	Medial patella glides
and gait re-	4.	Scar massage	control achieved	program once >90°- start	Start half squat and 45° wall
training	5.	Wean ROM Brace	RTHOPA	floor pedals progress to	slides/leg press
4-8 weeks	I			high seat, low resistance	Standing calf raises
	I		SURGE(Biofeedback and balance	Coronal hip exercises with
	l.				light resistance
					Proprioception from week 6

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SURGEON

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Stage 4 Week 16-18+ Return to Sport	 Integrate Plyometrics Return to Functional Activty Agility Training Multi-directional movement 	WBAT	Multi-plane plyometrics Multi-plane Agility Cutting and Pivoting Exercises Ladder Drills Landing Mechanics	Return to Sport Criteria Trampoline double then single leg Single Leg hop Quads index > 95% Hamstrings index >95% Pain and swelling free post exercise		
	C	ORTHOPAEDIC SURGEON				

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