



# Town Center

## ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON  
PHONE: 703-435-6604

### Rehabilitation for MPFL Reconstruction

Associated Tibial Tuberosity

- No Weight Bearing on surgical leg x 4 weeks
- Wear knee immobilizer/brace locked in extension while ambulating
- Remove knee immobilizer/brace when not ambulating

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#### Week 0-1 from Surgery

1. WBAT (Knee immobilizer/Brace locked in extension) w/crutches
2. Patellar mobs, ankle pumps
3. PROM 0-30 degrees
4. Quad sets in brace locked in extension
5. SLR w/assist
6. Modalities to reduce swelling

#### 1-2 Weeks from Surgery

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs, ankle pumps
3. PROM 0-60 degrees; wall slides (0-30 degrees) supine; AROM for flexion
4. Quad sets in Knee immobilizer/brace locked in extension
5. Short arc quads (SAQ) 0-20 degrees
6. E-stim, isometric 15-20 degrees
7. Modalities to reduce swelling

#### **2-4 Weeks from Surgery**

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs prn
3. AROM 0-90 degrees, PROM for flexion 0-60 degrees
4. Wall slides supine to equal degree of AROM (flexion)
5. SAQ 0-30 degrees
6. E-stim
7. Modalities to reduce swelling

#### **4-6 Weeks from Surgery**

1. D/C Brace
2. WBAT
3. Patellar mobs prn
4. PROM & AROM (0-90 degrees) + supine wall slides
5. SAQ 0-45 degrees
6. Bike no resistance & seat up high 20 min, lower seat as tolerated
7. Modalities to reduce swelling; scar massage

#### **6-8 Weeks from Surgery**

1. WBAT
2. AROM/PROM 0-120 degrees
3. Patellar mobs prn
4. E-stim D/C if isometric max volitional contraction is 80% of the MVC of uninvolved leg
5. Increase exercises: Squats (1/4 -1/2), bike w/resistance, stair master (short step height, increase as tolerated), leg press, step ups.
6. Modalities to reduce swelling; scar massage

#### **8-12 Weeks from Surgery**

1. Work toward full AROM/PROM
3. E-stim prn
4. Patellar mobs
5. Therapeutic exercise increased
6. Modalities to reduce swelling; scar massage
7. Home exercise program instructions

#### **12-14 Weeks from Surgery**

1. Therapeutic exercises increased
2. Run if 90% ROM, 80% strength
3. Plyometrics