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## **MPFL Reconstruction Rehab Protocol**

Range of
Motion

0-90° x 2 - 4 weeks Full ROM (no restrictions) after

Brace Settings (while not in PT)

Locked in full extension 0 – 2 weeks

0-90 weeks 2-4

Unlocked after

## Weight Bearing Status

WBAT in extension (locked) x 6 weeks

X = Perform exercise	\A/.	eek												
Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall									9	10	12	10	20	27
slides	X	X	X	X	X	X	Х	X						
Flexion/Extension –	\ <u></u>	~	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ <u>'</u>		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ <u></u>						
seated	Х	Х	Х	Х	Х	Х	Х	Х						
Patella/Tendon	Х	Х	~	Х	Х	~	Х	Х						
mobilization	^	^	Х	^	^	Х	^	^						
Extension mobilization	Х	Χ	Х	Х	Χ	Х	Χ	Х						
Quad series	Х	Х	Х	Χ	Х	Х	Х	Х						
Hamstring sets							Х	Х	Х					
Sit and reach for	Х	Х	Х	Х	Х	Х	Х	Х	Х					
hamstrings - gentle														
Ankle pumps	Х	Х	Χ	Χ	Χ	Χ	Χ	Χ	Χ					
Toe and heel raises							Χ	Х	Χ					
Balance series								Χ	Χ	Χ	Χ	Χ	Χ	Х
Cardiovascular	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Exercises				_		_						.0		
Bike/Rowing with well leg	Χ	Х	Χ	Χ	Х	Χ	Х	Х						
Bike with both legs – no							Х	Х	Х	Х				
resistance										.,				
Bike with both legs -									Х	Х	Х	Х	Х	X
resistance										V	V	V	V	V
Aquajogging Treadmill – walking 7%									X	X	X	X	X	X
incline									^	^	^	^	^	^
Swimming with fins									Х	Х	Х	Х	Х	Х
Elliptical trainer	1								^	^	X	X	X	X
Rowing											X	X	X	X
Stair stepper												X	X	X
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends		_		-			X	X	X	X	X	X	X	
Double leg bridges									Χ	X	Х			
Reverse lunge – static							Χ	Х	Х	Х	Х			
hold														
Beginning cord exercises									Χ	Χ	Χ			
Balance squats										Х	Χ	Χ	Χ	Х
Single leg deadlift										Х	Х	Х	Х	Х
Leg press										Χ	Χ	Χ	Χ	Χ
Sports Test exercises											Х	Х	Х	Х
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												Χ	Χ	Х
Initial – single plane												Χ	Χ	Χ
Advance – multi directional													Χ	Х
Functional sports test													Χ	Χ



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													Χ	Χ
Outdoor biking, hiking													Χ	Χ
Skiing, basketball, tennis, football, soccer														Χ