



Aaron M. Baessler, MD  
 14300 E 138<sup>th</sup> Street  
 Fishers, IN 46037  
 Phone: 800-622-6575  
 Fax: 765-648-6913



## MPFL Reconstruction Rehab Protocol

X = Perform exercise

Week

		Week														
		Initial Exercises														
		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
<b>Range of Motion</b>  0-90° x 2 - 4 weeks Full ROM (no restrictions) after  <b>Brace Settings</b> (while not in PT)  Locked in full extension 0 – 2 weeks  0-90 weeks 2-4  Unlocked after  <b>Weight Bearing Status</b>  WBAT in extension (locked) x 6 weeks	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X							
	Flexion/Extension – seated	X	X	X	X	X	X	X	X							
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X							
	Extension mobilization	X	X	X	X	X	X	X	X							
	Quad series	X	X	X	X	X	X	X	X							
	Hamstring sets							X	X	X						
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X	X						
	Ankle pumps	X	X	X	X	X	X	X	X	X						
	Toe and heel raises							X	X	X						
	Balance series								X	X	X	X	X	X	X	
			Cardiovascular Exercises													
			1	2	3	4	5	6	7	8	9	10	12	16	20	24
			X	X	X	X	X	X	X	X						
									X	X	X	X				
										X	X	X	X	X	X	
										X	X	X	X	X	X	
										X	X	X	X	X	X	
										X	X	X	X	X	X	
												X	X	X	X	
		Weight Bearing Strength														
		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
								X	X	X	X	X	X	X		
										X	X	X				
								X	X	X	X					
									X	X	X					
										X	X	X	X	X		
											X	X	X	X		
		Agility Exercises														
		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
													X	X	X	
													X	X	X	
														X	X	
														X	X	



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