MPFL Reconstruction

Dr. Mark McCarthy, Dr. Evan Peissig

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A
Altoona, WI 54720

757 Lakeland Drive, Suite B
Chippewa Falls, WI 54729

Patient_	
DOS	

	Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-10	Weeks 11-15	Weeks 16+
Weight Bearing	WBAT with brace locked at 0°			Full weight bearing		
Brace	Locked at 0° - may unlock with sitting		Discontinue with full extension, no lag			
	Remove for sleeping after 1 st post-op visit					
AROM	AAROM 0-90° Maintain full extension flexion		on and progress	Full		
Exercises	Quad sets	Bike – no resistance	Bike – light resistance	Leg Press	Progress with strengthening	Emphasize power, generation, and
*control	Glut Sets			Front step ups		absorption
swelling/inflammation		Overball/Sportcord	Clamshells		Initiate walk to jog	1
*educate on rehab	Heel slides	Sidelying Hip Add	Hip abd and ext	Lateral step ups	progression, elliptical	Sport specific drills
progression	SLR with brace	and Ext with brace	The aba and ext	DL→SL Balance,	emptical	SL plyometrics
progression	SER WITH STACE	and Ext with blace	LAQ	Proprioception Proprioception	Light agility drills,	SE pry ometries
*e-stim to facilitate	Sidelying Hip Abd	Toe Raises			progressing to sport	Full progression of
quads	with brace	Floor based core	SAQ	Wall sits	specific drills	function
	Inferior/Superior and Medial patellar	and glute work	Total Gym	Multi-Hip machine	DL Plyometrics	
	glides	Balance exercises		Squats	Lunge	*refer to advanced ACL Rehab
	Hamstring sets	Hamstring curls			Balance & reach	protocol for ideas on exercises &
	Ankle pumps				Vectors	exercise progression
	Gastroc stretch				SL Bridge	r - 8

Any Questions? Please contact: Northwoods Therapy Associates/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

May 2024