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MPFL reconstruction/repair, isolated medial imbrication

Physical Therapy Protocol

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	WEIGHT BEARING	BRACE	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	Weight bearing as tolerated in brace and crutches	Immobilizer locked straight when up	0-90 when seated	Dec pain and swelling	Elevation, icing, SLR in brace
2-6 weeks <i>*Start Physical therapy at 2 weeks</i>	Weight bearing as tolerated in brace and crutches	Immobilizer locked straight when up	1-full passive and active ROM 2- No manipulation	1-Full ROM 2- SLR against gravity	1-No strengthening 2-stationary bike with elevated seat, no resistance
6-10 weeks	as tolerated	Ok to remove with good quad control	Full ROM	improve quad girth and strength	1-stationary bike 2-gait training 3-begin closed chain strengthening 4-no running/jumping/sports
10-14 weeks	As tolerated	None	Full ROM	symmetric quad girth and strength	1- advance strengthening 2-closed chain only 3-no running/sports/jumping
14+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	1-begin agility and plyometrics program 2-CV conditioning Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 4-physician clearance

Specific Recommendations /Restrictions /Goals:
