



## Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

### **PROXIMAL PATELLAR REALIGNMENT (MPFL RECONSTRUCTION) WITH / WITHOUT LATERAL RELEASE**

#### **PHYSICAL THERAPY PROTOCOL**

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**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

**Procedure:** Right/Left Knee MPFL Repair/Reconstruction +/- Lateral Release

*Associated Procedure(s) (circled if applicable):*

- ACI biopsy

\_\_\_ Evaluate and Treat – no open chain or isokinetic exercises

\_\_\_ Provide patient with home exercise program



Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

\_\_\_ **Phase I (0-6 wks): *Period of protection.***

- **Weight bearing as tolerated with brace locked in extension.** Hinged knee brace should be worn at all times except for PT and hygiene.
- **ROM**
  - Gentle passive ROM to tolerance; may do active knee flexion as tolerated. Active extension from full flexion to 60 degrees is allowed, but no active extension in 0-60 degree arc.
- Goal: full ROM by 6 wks., progress as tolerated to full.
- **Strengthening:** Gentle quad sets, co-contractions, isometric quad/hamstring strengthening in extension and with the knee in >60 degrees of flexion (as tolerated). After week 4, may begin SLRs with brace locked in extension.

\_\_\_ **Phase II (6-12 wks): *Transition phase.***

- **D/C brace.**
- **ROM:** Passive ROM as tolerated with gentle stretching at end ranges if not yet at full motion. Active and active-assisted ROM as tolerated with no resistance.
- **Strengthening:** Once no lag on SLR and no limp during gait (usually by 6 wks), can begin closed-chain quad/core and hamstring strengthening as follows: ***for weeks 6-9, only do strengthening with knee bent 60 degrees or more;*** after 9 weeks, can begin to advance closed chain strengthening at progressively greater degrees of extension (advance ~20 degrees per week, such that strengthening is done from full extension to full flexion by 3 months).

\_\_\_ **Phase III (3-6 months): *Begin more sport-focused conditioning.***

- **ROM:** Continue active and active-assisted ROM.
- **Strengthening:** Progress closed-chain patellofemoral strengthening without limits. Begin treadmill walking at a slow pace and progress to balance/proprioception.
- Light plyometrics and jogging can be initiated at 4 months.
- From 4.5 – 6 months, begin and advance sport-specific activities (running, agility training).



- High-impact activities (jumping, contact sports) allowed once full motion and strength achieved (usually between 4-6 months).

**\_\_\_ Other:**

- Modalities                       Electrical Stimulation                       Ultrasound  
 Heat before/after                       Ice before/after exercise  
 May participate in aquatherapy after week three, begin aqua-running week 6

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**