



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

PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.

OrthoCarolina

Assistant Professor of Orthopaedic Surgery, Atrium Health

Sports Medicine & Shoulder/Elbow

1915 Randolph Rd, Charlotte, NC 28207

704-323-3000

www.BryanSaltzmanMD.com

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: _____

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