

MPFL Reconstruction

Name: _____

DOB: _____

Dr: Rothenberg

DOS: _____

Weeks from surgery

ROM RESTRICTIONS FROM	ROM & Muscle Initiation	1	2	3	4	5	6	7	8-13+	14-19+	20-25+	26+
		Flexion/Extension - wall slides										
	Flexion/Ext - seated/calf assisted											
	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
	Ankle pumps											
	Bike with no resistance											
	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
	Muscular Endurance 3 x 15, 45s rest								8-13+			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
	RDL											
	Tuck squat											
	Progress to strength: 14+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
	Muscular Strength 3 x 10 120s rest									14-19+		
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	Progress to power: 20+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
	Muscular Power 3 x 6, 180s rest										20-25+	
	Front squat											
	Barbell deadlift											
	Split jumps											
	Sled drags											
	Progress to running: 26+ weeks & Triple hop distance >90% of unaffected side											
	Running, Speed & Agility											26+
	Running progression											
	Ladder footwork drills											
	Forward & backward cone drills											
	Lateral cone drills											
	High Level Activities										20-25+	25-28+
	Golf, outdoor biking											
	Clearance for other activities made by Dr Rothenberg and based on different factors including passing the included progression criteria											

T scope 0-0 x 6 weeks

Weight Bearing status

TTWB x 2 weeks then PWB (50%) x 4 weeks then FWB

Patellar mobility lateral to medial only