



## JONAS R. RUDZKI, MD

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### Post-Operative: Patellar Instability Rehab Protocol – MPFL Reconstruction / Repair

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**Patient Name:**

**Date:**

**Diagnosis: Patellar Instability Rehab Protocol – MPFL Reconstruction / Repair**

#### PROXIMAL DISTAL REALIGNMENT/VMO ADVANCEMENT:

**PHASE I:** (4 weeks)

##### RANGE OF MOTION: (passive)

0 to 70° by day 10-14                      0-90° by day 15-21

0-120° by day 30                              0-135° by day 45

##### RANGE OF MOTION: (active/AAROM)

As tolerated with above parameters. Active extension okay if no Tubercle Osteotomy.

##### ***No resisted leg extensions***

WEIGHT BEARING: As tolerated at end of Week 1

##### MODALITIES:

Cryotherapy                                      Light EMS at 3-4 weeks if necessary

##### EXERCISES:

PROM

Quad, Hamstring, Gluteal Isometrics, Gentle Core

**– Emphasize Quad recruitment & gentle strengthening with Quad Sets, SLRs**

**PHASE II:** (6-8 weeks)

ROM should be at least 130°

##### WEIGHT BEARING:

Progress off of crutches as tolerated at 4-6 weeks with normal gait pattern

Emphasis on normal gait pattern

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**EXERCISES:**

Supine SLR at 5-6 weeks

Isometric Multi Angled Quad Sets

Closed chain exercises in accordance with weightbearing status

Balance Coordination activities

**STRENGTH TESTING:**

Isometric strength testing at 60° at 14 weeks

**PHASE III:** >3 months

ROM full

WEIGHTBEARING full

MODALITIES cryotherapy

STRENGTH TESTING continue testing until patient reaches torque/body weight goals

**EXERCISES**

Begin plyometrics & Light jogging at 4 months

Continue closed chain balance activities

Sport specific functional progression

**RETURN TO SPORTS @ ~5 MONTHS**

Completion of functional progression

Torque/body weight ratios per goals set

Physician: \_\_\_\_\_ Signature: \_\_\_\_\_

