

Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol

First 7-10 days

Keep knee immobilizer on for two weeks. May remove immobilizer when doing exercises and when you are alert and awake. The immobilizer is only needed to move from one place to another and when sleeping.

Use crutches for partial weight bearing but may progress to full weight bearing as tolerated.

Change dressing on second day after surgery and replace with dry dressing.

Perform calf pumps, quadriceps sets, and straight leg raises three times each day (10-20 repetitions each time).

Add heel slides 2 days after surgery.

Use ice pack/cryocuff 3 times each day for 15 minutes each time.

Keep wound/dressings dry. No showers for seven days and no baths for 3 weeks or until wounds are healed fully.

May use saran wrap or other plastic bag (garbage bag) to keep wound dry if you want to shower sooner.

Pain medication and an antibiotic will be prescribed.

Avoid anti-inflammatories for the first six weeks after surgery.

First week to 8 weeks

At first clinic visit (10-14 days):

- Discontinue the knee immobilizer as quadriceps strength increases. May use crutches for support and balance.
- Full weight bearing at 3-4 weeks with no crutches.
- Sutures/staples will be removed and may start showering. No baths or pools for 3 weeks after surgery.
- You do not need to wear dressing if the wound is healing well.
- Steri-strips will fall off on their own. If not, pull them off gradually one week after they are placed.
- Continue swelling control with ice and compression.

Exercises:

- Continue heel slides and straight leg raises.
- Goal is full range of motion by 6 weeks.
- May use stationary bike when able to make a full revolution.
- May start closed chain quadriceps strengthening at 4 weeks to include shallow squats and shallow leg press.

8 weeks to 12 weeks

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The goal is to fine tune range of motion and continue with strengthening.

PT goals (Improve ROM, strengthening):

- Open chain hamstring strengthening added at 6-8 weeks.
- Continue with shallow squats and leg presses

Exercises:

- Wall slides and mini-squats to 45 degrees (closed chain 0-45)
- Hamstring curls with low weights 0-90. Progress gradually to higher weights by 12 weeks
- Toes raises, step ups.
- May ride exercise bike, elliptical trainer
- Pool walking and flutter kick.
- May walk distances for exercises
- May climb stairs

3 to 4 months

PT goals:

Continue all previous exercises to progress to full strength of quadriceps and hamstrings

Exercises:

- Jogging at 3-4 months
- Cutting maneuvers at 4 months

4-6 months

Goals:

Return to full activity with a patellar stabilization brace.

Exercises:

Begin with sport-specific exercises and cutting maneuvers and progress to playing over 1-6 weeks.

Additional instructions:

If the right leg is the operative leg, you may not drive an automatic transmission vehicle for 6 weeks.

If the left leg is the operative leg, you may drive an automatic transmission vehicle after having stopped using narcotic pain medication.

May return to sedentary desk work in one week.

May return to work requiring standing gradually over 6-8 weeks.

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May return to heavy labor in 6-8 months.

Duration and frequency of PT:

For week 1-8 (14 visits): supervised 2x/week. Perform exercises on your own 5-7 days/week

For week 8-12 (4 visits): supervised 1x/week. Perform exercises on your own 3-5 days/week

For weeks 12-24 (3 visits): supervised 1x/month. Perform exercises on your own 3-5 days/week