

<b>MPFL</b> Reconstruc	tion
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Name:		DOB:	
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# ROM RESTRICTIONS

0-30° X 1 week then increase by 15° every week x 5 weeks then full ROM

## BRACE SETTINGS

0-30 x 1 week then increase by 15° every week x 5 weeks, then DC brace

# Weight Bearing status

TTWB x 5 weeks, wean x 1 week, FWB after 6 weeks

#### T.E.D Hose

x 2 weeks

## **TIMELINES**

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

●= Do exercise for that week	●= Do exercise for that week Week													
Initial Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	•	•	•	•	•	•								
Flexion/Extension – Seated/Wall Slide	•	•	•	•	•	•								
Extension Heel Prop	•	•	•	•	•	•								
Quad Series(E-Stim,BFR)No SLR x	•	•	•	•	•	•								
2wks	+		•											-
Hamstring Set	•	•	•	•	•	•								-
Calf Stretch with Strap	•	•		•		•								
Ankle pumps	+					Ť								
Toe and Heel Raises						•								
Weight Shifts & Crutch Walking						•								
Single Leg Balance	1		_	4	-		•	•	•	40	40	47	24	25
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Stationary Bike						•	•	•	•	•	•	•	•	•
Aqua Jogging						•	•	•	•	•	•	•	•	•
Treadmill – Walking	-								•	•	•	•	•	•
Swimming with Fins									•	•	•	•	•	•
Elliptical/Rowing											•	•	•	•
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Leg Press – Double Leg							•	•	•	•				
Squats – Double Leg							•	•	•	•				
Deadlifts – Double Leg							•	•	•	•				
Heel Raises – Double Leg							•	•	•	•				
Standing Hamstring Curl							•	•	•	•				
Band Walking							•	•	•	•				
Isometric Wall Sit @ 90,60,45°							•	•	•	•				
Bridging – Double Leg							•	•	•	•				
Leg Press – Single Leg									•	•	•			
Reverse Lunge Static Hold									•	•	•			
Deadlift – Single Leg									•	•	•			
Ball & Single Leg Bridging									•	•	•			
Rear Leg Elevated Split Squat										•	•	•		
Lunges – Walking & Slide Disc										•	•	•		
Front Step Up										•	•	•		
Heel Raises – Single Leg										•	•	•		
Side Planks										•	•	•		
Sliding Leg Curl – Double Leg										•	•	•		
Advanced Balance Training										•	•	•	•	•
Squat – Single Leg											•	•	•	•
Front Step Down											•	•	•	•
Single Leg Box Drives											•	•	•	•
Single Leg Squat Y Excursions												•	•	•
Sliding Leg Curl – Single Leg												•	•	•
Nordic Hamstring Curls												•	•	•

	Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Vertical Squat Jump – Double Leg	•		3	4	J	0	,	0	9	10	13	•	•	<b>2</b> 3
	Horizontal Broad Jump – Double Leg												•	•	•
Recommended	Lateral Jump – Double Leg													•	•
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double													_	
& Running	Leg to Single Leg Land													•	•
D-i- 0/40	Jump Lunges													•	•
Pain < 2/10	Box Drop – Double Leg													•	•
Full Active Knee	Continuous Broad Jumping – Double Leg													•	•
Extension	Vertical/Broad Jumps – Single Leg to														
Knee flexion ROM	Single Leg Land														
≥ 95% of	Lateral Skater Hops – Single Leg														•
Uninvolved Side	Box Drop – Single Leg														•
Quad LSI <u>&gt;</u> 70%	Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)														•
HS LSI <u>&gt;</u> 70%	Box Drop Jumps – Double Leg														•
Quad/BW <u>&gt;</u> 60%	Box Drop Jumps – Single Leg														•
Functional Llan 9	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Functional Hop & Power Tests	Walk/Jog Program												•	•	•
LSI <u>&gt;</u> 70%	Running Progression													•	•
IKDC <u>&gt;</u> 64%	Sprinting Progression														•
IKDC <u>&gt;</u> 04 %	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step												•	•	•
Recommended	Standing Mountain Climbers at Wall												•	•	•
Criteria to Initiate Return to Sport	Shuffling & Grapevine												•	•	•
посын не орон	Back Pedaling													•	•
Quad LSI <u>&gt;</u> 90%	Agility Ladder Drills													•	•
HS LSI ≥ 100%	Single Leg Hopping (Clock, Square)													•	•
HS/QS ≥ 60%	Skipping/Bounding														•
Quad/BW	Deceleration Drills														•
Female: <u>&gt;</u> 80%	Cone Drills														•
Male: <u>&gt;</u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	21	25+
Power Tests	Golf – Putt							•	•	•	•	•	•	•	•
LSI <u>&gt;</u> 90%	Chip										•	•	•	•	•
Y-Balance	Irons											•	•	•	•
Anterior Reach	Drivers												•	•	•
Distance ≤ 4 cm	Play a Round													•	•
IKDC ≥ 90%	Hiking – Easy												•	•	•
ACL DOL: COO/	Hiking – Moderate													•	•
ACL-RSI ≥ 60%	Hiking – Difficult														•
	Backpacking														•
	Road Biking – Flat												•	•	•
	Road Biking – Hills													•	•
	Gravel Biking													_	•
	Mountain Biking – Cross Country		_		<u> </u>		<u> </u>				<u> </u>			•	•
	Mountain Biking – Downhill		_		<u> </u>		<u> </u>				<u> </u>				•
	Snowshoeing, Nordic Skiing – Classic		1		1		1				1			•	•
	Nordic Skiing – Skate  Alpine Skiing, Snowboarding,		-		-		-				<u> </u>				•
	Basketball, Tennis, Football, Soccer														•