

**MPFL Allograft Reconstruction Protocol  
Dr. Bryan Perkins**

| <b>Time Frame</b>               | <b>Treatment</b>  | <b>Goals</b>   |
|---------------------------------|---|--|
| Post-Op Day                     | <ul style="list-style-type: none"> <li>-Dressing change/removal</li> <li>-Instruct in signs/symptoms of infection</li> <li>-Check for DVT</li> <li>-Cryotherapy</li> <li>-T-scope brace 0-90, WB locked in extension</li> </ul> <p><b>HEP:</b> Heel slides, quad set, hamstring set, patellar mobs, gastroc stretch, SLR in brace</p> <ul style="list-style-type: none"> <li>-Modalities as needed</li> </ul>   | <ul style="list-style-type: none"> <li>-Independent in HEP</li> <li>-Fair quad set</li> <li>-Independent with SLR</li> <li>-Understand importance of knee immobilizer</li> </ul> |
| Phase I<br>0-2 weeks            | <p>Frequency:</p> <ul style="list-style-type: none"> <li>-WBAT with brace locked until independent SLR with no lag</li> <li>-Brace should be worn at all times during the day and while sleeping . Off for hygiene.</li> <li>-Brace may be removed for sleeping after 1<sup>st</sup> post-operative appt (approx. 7-10 days).</li> <li>-AROM 0-90</li> </ul>  | -Continue HEP  |
| Phase II<br>2-6 weeks           | <ul style="list-style-type: none"> <li>-WBAT with brace unlocked per PT's assessment of quad function.</li> <li>-Transition from T-scope to patellar stabilizing brace at 6 weeks if able to achieve full extension without lag</li> </ul> <p>Progress:</p> <ul style="list-style-type: none"> <li>-WB flexibility, toe raises, closed-chain quad strength</li> <li>-Floor based core and glute exercises, balance, hamstring curls, and stationary biking</li> </ul> | -Maintain full extension and progress flexion  |
| Phase III<br>6 weeks – 4 months | <ul style="list-style-type: none"> <li>-Full weight-bearing</li> <li>-Patellar stabilizing brace for high level activity</li> </ul> <p>Progress:</p> <ul style="list-style-type: none"> <li>-Closed chain quads, advance balance, core/pelvic, and stability work</li> <li>-Begin elliptical, in-line <b>jogging at 12 weeks</b> under PT supervision</li> </ul>  | -Full AROM   |
| Phase IV<br>4-6 months          | <ul style="list-style-type: none"> <li>-Full weight-bearing</li> </ul> <p>Progress:</p> <ul style="list-style-type: none"> <li>-Flexibility/strengthening, progression of function</li> <li>-Forward/backward running, cutting, grapevine</li> </ul>  | <p>-Full AROM</p> <p><b>Return to play as tolerated after 4-6 months post op when cleared by MD</b></p>  |

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|  | -Initiate plyometric program and sports specific drills at <b>16 weeks</b> |  |
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