

**MPFL Allograft Reconstruction Protocol
Dr. Green**

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change/removal -Instruct in signs/symptoms of infection -Check for DVT -Cryotherapy -Brace locked in extension -NWB AROM to tolerance, progress slowly -NWB x 6 weeks (unless otherwise stated in op report) <p>HEP: Heel slides, quad set, hamstring set, patellar mobs, gastroc stretch, SLR in brace</p> <ul style="list-style-type: none"> -Modalities as needed 	<ul style="list-style-type: none"> -Independent in HEP -Fair quad set -Independent with SLR -Understand importance of knee immobilizer
Phase I 0-6 weeks	<p>Frequency: TBD by PT upon assessment of quad function</p> <ul style="list-style-type: none"> -NWB x 6 weeks -Brace should be worn at all times during the day and while sleeping. Off for hygiene. -Progressing AROM to tolerance -Continue table exercises, blood flow restriction (BFR) 	<ul style="list-style-type: none"> -Continue HEP -Quad strength/stabilization -Maintain WB restrictions
Phase II 6 weeks – 4 months	<ul style="list-style-type: none"> -Progress to WBAT with t-scope locked in extension and then into flexion per quad stability -Discontinue brace if able to achieve full extension without lag (Brace may be changed to patellar-stabilizing brace per MD orders) <p>Progress:</p> <ul style="list-style-type: none"> -WB flexibility, toe raises, closed-chain quad strength -Floor based core and glute exercises, balance, hamstring curls, core/pelvic, stability work and stationary biking; progress per tolerance -Full weight-bearing -No bracing required unless otherwise ordered -Begin elliptical, in-line jogging at 12 weeks under PT supervision 	<ul style="list-style-type: none"> -Maintain full extension -Full AROM -Normalize gait
Phase III 4-6 months	<p>Progress:</p> <ul style="list-style-type: none"> -Flexibility/strengthening, progression of function -Forward/backward running, cutting, grapevine -Initiate plyometric program and sports specific drills at 16 weeks 	<ul style="list-style-type: none"> -Full AROM <p>Return to play as tolerated after 16 weeks post op when cleared by MD</p>

