

MPFL Reconstruction

Name: _____
Dr: Doan

DOB: _____
DOS: _____

ROM RESTRICTIONS		Weeks from surgery																			
		ROM & Muscle Initiation								1	2	3	4	5	6	7	8-13+	14-19+	20-25+	26+	
FROM		Flexion/Extension – wall slides																			
		Flexion/Ext – seated/calf assisted																			
		Patella/Tendon mobilization																			
		Extension mobilization (no hyperext)																			
BRACE SETTINGS		Quad sets																			
		Hamstring sets																			
		Terminal knee extension, Straight leg raise (when no quad lag)																			
		Ankle pumps																			
T scope 0-0 x 6 weeks		Bike with no resistance																			
		Progress to Endurance: ROM >125°, Quad set that terminally extends the knee																			
		Muscular Endurance 3 x 15, 45s rest															8-13+				
		Lateral band stepping																			
Weight Bearing status		Single leg leg press																			
		Squat progression																			
		RDL																			
		Tuck squat																			
TTWB x 2 weeks then PWB (50%) x 4 weeks then FWB		Progress to strength: 14+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference																			
		Muscular Strength 3 x 10 120s rest																14-19+			
		Lateral band stepping																			
		Single leg leg press																			
Patellar mobility lateral to medial only		Hex bar squat																			
		Kettlebell deadlift																			
		Elevated split squat																			
		Progress to power: 20+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference																			
		Muscular Power 3 x 6, 180s rest																	20-25+		
		Front squat																			
		Barbell deadlift																			
		Split jumps																			
		Sled drags																			
		Progress to running: 26+ weeks & Triple hop distance >90% of unaffected side																			
		Running, Speed & Agility																			26+
		Running progression																			
		Ladder footwork drills																			
		Forward & backward cone drills																			
		Lateral cone drills																			
		High Level Activities																	20-25+		25-28+
		Golf, outdoor biking																			
		Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria																			