

# Family & Friends ORTHOPEDICS

Jill McAngus, MD

**Procedure:** R / L MPFL reconstruction with hamstring allograft  
**Frequency:** 2-3 times per week for 6 weeks

## **PHASE I (Weeks 0 – 6):** Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Full weight-bearing as tolerated
- **Hinged Knee Brace:** Locked in full extension for ambulation and sleeping(remove for PT)
  - **Weeks 2-6:** Unlock at 0-90° for all activities, remove when sleeping
- **Range of Motion:** initiate ROM 0-30°, gradually advance with PROM and AAROM
- **Therapeutic Exercises:** Gentle patellar mobs, quad/hamstring sets, heel slides, prone hangs, straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

## **Phase II (Weeks 6 - 12)**

- **Weightbearing:** Full WB with normalized gait pattern
- **Hinged Knee Brace:** Wean between 6-8 weeks; discontinue completely once good quad control
- **Range of Motion:** Progress to full AROM, with goal of 90° by week 6, then advance as tolerated
- **Therapeutic Exercises:** **\*\*No weight-bearing exercises with knee flexion angles >90°\*\***
  - Advance closed chain strengthening exercises and proprioception activities; begin wall sits and lunges; begin stationary bicycle(Weeks 6-12)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

## **Phase III (Weeks 12 - 16)**

- **Weightbearing:** Full
- **Hinged Knee Brace:** discontinue; consider using of patella stabilizing knee sleeve
- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance closed chain strengthening; advance plyometrics; advance proprioception training; begin elliptical and/or treadmill jogging
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- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

## **Phase IV (Weeks 16 – 24)**

- Advance Phase III exercises; focus on core/glutes; progress flexibility and strengthening; maximize single leg dynamic and static balance and strength; initiate light plyometrics; improve treadmill walking

## **Phase V (>6 months):** Gradual return to athletic activity

- Advance Phase IV exercises; focus on single leg dynamic and static balance
- Return to sport-specific activity and impact when cleared by MD at 6 months postop