

**MPFL Allograft Reconstruction Protocol  
Dr. Hultman**

<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><b>HEP:</b> Heel slides, quad set, hamstring set, patellar mobs, gastroc stretch, SLR in brace</li> <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 0-2 weeks	<p>Frequency:</p> <ul style="list-style-type: none"> <li>-WBAT with brace</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 2-6 weeks	<ul style="list-style-type: none"> <li>-WBAT with brace</li> <li>-Discontinue brace at 6 weeks if able to achieve full extension without lag (Brace may be changed to patellar-stabilizing brace after 1<sup>st</sup> post-operative visit (approx. day 7-10))</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 6 weeks – 4 months	<ul style="list-style-type: none"> <li>-Full weight-bearing</li> <li>-No bracing required</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 4-6 months	<ul style="list-style-type: none"> <li>-Full weight-bearing</li> <li>-No bracing required</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> <li>-Initiate plyometric program and sports specific drills at <b>16 weeks</b></li> </ul>	-Full AROM  <b>Return to play as tolerated after 16 weeks post op when cleared by MD</b>

