



Yuri Lewicky MD

1840 N. Jasper Dr.

Flagstaff, Az 86001

Phone (928) 226-2900 Fax (928) 774-7767

MPFL Reconstruction Protocol:

Postop rehab MPFL reconstruction: The patient underwent an anatomic double bundle medial patellofemoral ligament reconstruction with gracilis allograft / autograft. They are allowed to fully weight bear with crutch support and a hinged knee brace locked in full extension at 0 degrees for the first week postop. When not ambulating, they may do ROM passively and actively from 0-90 degrees, push ROM. Straight leg raises, quadriceps contractions and active quadriceps exercises are started on POD1 in the brace. After the first week FWB is allowed with the brace unlocked and set to 0-90 degrees. Physical therapy is begun at the 3rd week postoperatively and focuses on co-contraction exercises, closed chain quadriceps strengthening, and vastus medialis obliquus strengthening. The hinged knee brace will be discontinued at 6 weeks and FROM is initiated. Running progression usually begins by 10-12 weeks with a full return to sport by 4 months.