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MPFL Repair Protocol:

Postop rehab MPFL repair: The patient underwent a medial patellofemoral ligament repair/augmentation via a arthroscopic technique. 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 3 weeks from the date of surgery. Straight leg raises and quadriceps contractions are started immediately in the brace. After the first week, heel slides and gentle motion are allowed in the brace, avoiding flexion beyond 90 degrees. At 4 weeks knee flexion is increased to "as tolerated" and progressive quadriceps strengthening is begun. The hinged knee brace will be discontinued at 4 weeks, and this will be replaced with a "Tru Pull" patellar medializing brace. Physical therapy is begun at 4 weeks postoperatively and focuses on co-contraction exercises, closed chain quadriceps strengthening, and vastus medialis obliquus strengthening while avoiding deep knee flexion. All braces can be discontinued at the discretion of the physician at three months postoperatively.