Aaron M. Baessler, MD Orthopaedic Surgery Sports Medicine, Shoulder and Elbow Surgery

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## MPFL Reconstruction Rehab Protocol

| Range of |  |
|----------|--|
| Motion   |  |

0-90° x 2 weeks Full ROM after

Brace Settings (while not in PT)

Locked in full extension X 6 weeks

## Weight Bearing Status

NWB x 6 weeks

## **TIME LINES**

Week 1(Day 1-7) Week 2(Day 8-14) Week 3(Day 15-21) Week 4(Day 22-28)

| X = Perform exercise                  | We |   |   |   |   |   |   |   |   |    |    |    |    |    |
|---------------------------------------|----|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Initial Exercises                     | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Flexion/Extension - wall slides       | X  | Х | X | Χ | Х | X | X | X |   |    |    |    |    |    |
| Flexion/Extension – seated            | X  | Χ | Х | Χ | Χ | Χ | Χ | Χ |   |    |    |    |    |    |
| Patella/Tendon mobilization           | X  | Χ | Х | Χ | Χ | Χ | Χ | Χ |   |    |    |    |    |    |
| Extension mobilization                | X  | Χ | X | Χ | Χ | Χ | Χ | Χ |   |    |    |    |    |    |
| Quad series                           | X  | Χ | X | Χ | Χ | Χ | Χ | Χ |   |    |    |    |    |    |
| Hamstring sets                        |    |   |   |   |   |   | Χ | Χ | Χ |    |    |    |    |    |
| Sit and reach for hamstrings - gentle | X  | Χ | X | Χ | Χ | Χ | Χ | Χ | Χ |    |    |    |    |    |
| Ankle pumps                           | X  | Χ | Х | Χ | Χ | Χ | Χ | Χ | Х |    |    |    |    |    |
| Toe and heel raises                   |    |   |   |   |   |   | Χ | Χ | Χ |    |    |    |    |    |
| Balance series                        |    |   |   |   |   |   |   | Χ | Х | Χ  | Χ  | Χ  | Χ  | Х  |
| Cardiovascular Exercises              | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Bike/Rowing with well leg             | Х  | Χ | Х | Χ | Χ | Χ | Χ | Χ |   |    |    |    |    |    |
| Bike with both legs – no resistance   |    |   |   |   |   |   | Χ | Χ | Х | Χ  |    |    |    |    |
| Bike with both legs - resistance      |    |   |   |   |   |   |   |   | Χ | Χ  | Χ  | Χ  | Χ  | Х  |
| Aquajogging                           |    |   |   |   |   |   |   |   | Χ | Χ  | Χ  | Χ  | Χ  | Х  |
| Treadmill – walking 7% incline        |    |   |   |   |   |   |   |   | Χ | Χ  | Χ  | Χ  | Χ  | Х  |
| Swimming with fins                    |    |   |   |   |   |   |   |   | Х | Х  | Χ  | Χ  | Х  | Х  |
| Elliptical trainer                    |    |   |   |   |   |   |   |   |   |    | Χ  | Χ  | Χ  | Χ  |
| Rowing                                |    |   |   |   |   |   |   |   |   |    | Χ  | Χ  | Χ  | Х  |
| Stair stepper                         |    |   |   |   |   |   |   |   |   |    |    | Χ  | Х  | Х  |
| Weight Bearing Strength               | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Double knee bends                     |    |   |   |   |   |   | Х | Х | Х | Х  | Х  | Х  | Х  |    |
| Double leg bridges                    |    |   |   |   |   |   |   |   | Χ | Χ  | Χ  |    |    |    |
| Reverse lunge – static hold           |    |   |   |   |   |   | Χ | Χ | Х | Χ  | Χ  |    |    |    |
| Beginning cord exercises              |    |   |   |   |   |   |   |   | Χ | Χ  | Χ  |    |    |    |
| Balance squats                        |    |   |   |   |   |   |   |   |   | Χ  | Χ  | Χ  | Χ  | Х  |
| Single leg deadlift                   |    |   |   |   |   |   |   |   |   | Χ  | Χ  | Χ  | Χ  | Х  |
| Leg press                             |    |   |   |   |   |   |   |   |   | Χ  | Χ  | Χ  | Χ  | Х  |
| Sports Test exercises                 |    |   |   |   |   |   |   |   |   |    | Χ  | Χ  | Χ  | Х  |
| Agility Exercises                     | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Running progression                   |    |   |   |   |   |   |   |   |   |    |    | Χ  | Х  | Х  |
| Initial – single plane                |    |   |   |   |   |   |   |   |   |    |    | X  | Χ  | Х  |
| Advance – multi directional           |    |   |   |   |   |   |   |   |   |    |    |    | X  | Х  |
| Functional sports test                |    |   |   |   |   |   |   |   |   |    |    |    | X  | Х  |
| High Level Activities                 | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 24 | 28 |
| Golf                                  |    |   |   |   |   |   |   |   |   |    |    |    | X  | Х  |
| Outdoor biking, hiking                |    |   |   |   |   |   |   |   |   |    |    |    | X  | X  |
| Skiing, basketball, tennis, football, |    |   |   |   |   |   |   |   |   |    |    |    |    | X  |

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