



ADVANCED ORTHOPAEDIC SPECIALISTS



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Medial Patellofemoral Reconstruction Rehabilitation Protocol

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
Phase I 0 - 2 weeks <i>PT 2x/week</i>	Week 1: Toe-Touch Week 2: 33% weight bearing	Week 1: Knee immobilizer 0°. Week 2: Knee immobilizer 30°	Week 1: No ROM Week 2: 0-30°	Quad sets No supine straight leg raises Prone hip extension Heel slides to ROM
Phase II 2 - 4 weeks <i>PT 2x/week — AFP 1-2x/week</i>	Week 3: 66% weight bearing Week 4: Full weight bearing as tolerated	Week 3: Knee immobilizer 60°. Week 4: Knee immobilizer 90°	Week 3: 0-60° Week 4: 0-90°	Quad sets No supine straight leg raises Prone hip extension Heel slides to ROM
Phase III 4 - 6 weeks <i>PT 1-2x/week — AFP 2x/week</i>	As tolerated	Week 5: Knee immobilizer 120° Week 6: Discontinue knee immobilizer. Begin patellar stabilizing brace.	Week 5: 0-120°	Quad sets No supine straight leg raises
Phase IV 6 - 12 Weeks <i>PT 1-2x/week — AFP 2x/week</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Stretch, Strengthen, NO STRAITENING
Phase V 12 - 16 Weeks <i>AFP</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Running Stait
Phase VI 16+ Weeks <i>AFP</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Return to Sport