



ADVANCED ORTHOPAEDIC SPECIALISTS

Medial Patellofemoral Reconstruction Rehabilitation Protocol

| | Weight Bearing | Brace | Range of Motion | Therapeutic Exercises |
|---|----------------------------------|------------------------------|----------------------|---|
| Phase I 0 - 2 weeks <i>PT 2x/week</i> | WBAT in immobilizer | Week 1: Knee immobilizer 0°. | ROM as tolerated | No SLR or LAQ exercises Initiate ROM heel slides to protocol limits Initiate WB progression |
| Phase II 2 - 4 weeks <i>PT 2x/week — AFP 1-2x/week</i> | Full weight bearing as tolerated | | ROM as tolerated | No SLR or LAQ exercises ROM activity to protocol limits Continue hip-centric exercise |
| Phase III 4 - 6 weeks <i>PT 1-2x/week — AFP 2x/week</i> | As tolerated | | ROM as tolerated | No SLR or LAQ exercise Initiate closed chain strengthening |
| Phase IV 6 - 12 Weeks <i>PT 1-2x/week — AFP 2x/week</i> | Full weight bearing | Patellar stabilizer | Full range of motion | Single and double leg closed chain strengthening progressing towards functional, multi joint and multi planar movements |
| Phase V 12 - 16 Weeks <i>AFP</i> | Full weight bearing | Patellar stabilizer | Full range of motion | Initiate running and plyometric activity |
| Phase VI 16+ Weeks <i>AFP</i> | Full weight bearing | Patellar stabilizer | Full range of motion | Sport/work specific activity |