

MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

for physiotherapists

This protocol is a physiotherapy guide for MPFL reconstruction. Rehabilitation should obviously be individualised and may need to be modified depending on progress and ongoing clinical review.

DAYS 1-4

Treatment Guidelines

- Physiotherapy to commence knee range of movement exercises +/- use of CPM machine as appropriate.
- Mobilise weight bearing as tolerated with crutches.
- Commence active quadriceps and hamstring exercises.
- Discharge home when safe.
- Aim for 90 degrees of active flexion, full knee extension and able to straight leg raise.

FIRST 2 WEEKS

Treatment Guidelines

- Aim to decrease swelling.
- Increase range of movement.
- Increase quadriceps, hamstring and VMO activation including closed chain as appropriate.
- Progress weight bearing as able.

WEEKS 2-6

Treatment Guidelines

- Progress exercises to include closed chain quads, hamstring and VMO.
- Commence balance exercises as appropriate.
- Wean off crutches as pain and quadriceps control allows.
- Consider scar mobilisation and desensitisation as appropriate.

WEEKS 6-12

Treatment Guidelines

- Progress towards full range of movement
- Progress strength through the range.
- Increase closed chain and balance work as able.

3-6 MONTHS

Treatment Guidelines

- Commence light jogging when patient has good quadriceps control and no effusion.
- Progress gradually to dynamic stability and gradual sport specific training.
- Return to sports between 4-6 months.