

SEAN P ROBINSON MD

MPFL + TTO

Phase 1 (0-2 weeks)

WB: Heel touch only

Brace: on at all times, off for hygiene and exercises

ROM: 0-90 at home

Exercises: Calf pumps, quad sets, SLR in brace

Phase 2 (2-6 weeks)

WB: Heel touch only

Brace: on at all times during day, off at night, for hygiene and exercises; unlock 0-90

ROM: 0-90, slowly progress flexion

Exercises: Floor based core, hip and glut work; patella mobilization, quad sets, SLR

Phase 3 (6-8 weeks)

WB: Advance 25% weekly and progress to full with normal gait

Brace: none

ROM: full

Exercises: ADVANCE Closed chain quads, balance, core/pelvic stability; BEGIN BIKE at 6 WEEKS, advance SLR

Phase 4 (8-16 weeks)

WB: Full

Brace: none

ROM: full

Exercises: Advance bike at 12 weeks, add elliptical/swim after 14 weeks

Phase 5 (16-24 weeks)

WB: Full

Brace: none

ROM: full

Exercises: Maximize single leg dynamic and static balance; Glutes/pelvic stability, CORE, closed chain quads. Sport specific training after 16 weeks