

SEAN P ROBINSON MD

MPFL

Phase 1 (0-2 weeks)

WB: Weight bearing as tolerated

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

ROM: 0-90 at home

Exercises: Calf pumps, quad/hamstring sets, SLR in brace, patellar mobilization

Phase 2 (2-6 weeks)

WB: Weight bearing as tolerated

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

ROM: 0-90, progress flexion to full as tolerated

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

Phase 3 (6 weeks - 4 months)

WB: Weight bearing as tolerated

Brace: none

ROM: full

Exercises: ADVANCE Closed chain quads, balance, core/pelvic stability

- Begin elliptical, in-line jogging at 12 weeks under PT supervision

Phase 4 (4-6 months)

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

Return to play as tolerated after 16 months when cleared by MD