

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute
Physical Therapy Prescription-Patellar Instability Surgery

Surgery: MPFL Reconstruction
Surgery Date:

Evaluate and Treat per therapist plan 1-2 times/week for 32 weeks/8 months. Please contact the office for renewal as needed.

EARLY POST OP (0-2 weeks)

GOALS

Pain and swelling control

EXERCISES/RESTRICTIONS:

Brace on at all times, crutches

--keep locked in extension even when sleeping except for ROM exercises within limits of brace (0-30)

50% Weight Bearing in extension

Avoid active knee extension

Straight leg raises with brace in extension OK

PHASE I (2-6 weeks)

GOALS:

Tendon healing

Pain and swelling control

ROM 0-90 by the end of 6 weeks.

EXERCISES/RESTRICTIONS:

Continue with brace, crutches

Weight bearing as tolerated with brace locked in extension

Keep brace locked in extension when sleeping

Can unlock the brace for knee flexion when sitting and for ROM exercises within limits of brace per below:

ROM exercises— gradually increase

0-2 weeks 0-30 degrees

2-4 weeks 0-60 degrees

4-6 weeks 0-90 degrees

Seated passive flexion

Active assisted extension

Avoid active knee extension

Avoid aggressive flexion

Quadriceps isometrics

Straight leg raise with brace locked out at 0

Hip/CORE/ankle strengthening

Scar mobilization

Patella mobilizations- translate medially only

Modalities—No stim

PHASE II (6-12 weeks)

GOALS:

UCSF Orthopaedic Institute

1500 Owens Street Ste 170 | San Francisco, CA 94158

Phone: 415-353-2808 | Fax: 415-353-7593 | orthosurg.ucsf.edu

UCSF Health
Sports Medicine

UCSF Physical Therapy Referral

Improve ROM to 120
Improve quadriceps strength
Normalize gait
Wear off crutches and then out of brace

EXERCISES/RESTRICTIONS:

Brace unlocked to 60 with good quadriceps control.
Wear off crutches and then out of brace weeks 6-8 as long as good quad control, motion, gait and swelling minimal
Avoid aggressive flexion ROM
A/AAROM knee flexion exercises
Continue patellar mobilization - translate medially only
Progression to regular bike
Leg press when ROM >60 deg
Initiate forward step-up program
Wall slides
Proprioception program
Modalities OK
Home exercise program

PHASE III (12-20 weeks)

GOALS:

Full knee ROM
Improve quadriceps flexibility
Return to normal ADL
Independent in home therapy

EXERCISES/RESTRICTIONS:

Knee flexion ROM
Quad/Hamstring strengthening
-step up/step down
-progress squat program
Elliptical OK, Bike OK
Modalities
Home exercise program

Advanced Proprioception
Agility training - no jumping until cleared by MD and tolerates running
No running until cleared by MD- needs healed osteotomy and good single leg squat

PHASE IV (>20 weeks)

GOALS:

Pain Free Running
Sport-specific activity

EXERCISES/RESTRICTIONS:

Continue lower extremity strengthening
Plyometric program
Running program - once cleared by MD- needs healed osteotomy and good single leg squat

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Agility/sport specific program
Home exercise program

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