



## Post-Operative Rehabilitation Guidelines: MPFL Allograft Reconstruction

### Phase I: Weeks 0-2

1. **Weight bearing** as tolerated with brace
2. **Brace** worn at all times during day/night; brace off for hygiene
  - a. Brace may be changed to patellar-stabilizing brace (Hely-Weber, Sheilds, etc.) after 1<sup>st</sup> post-op visit
  - b. Brace may be removed for sleeping after 1<sup>st</sup> post-op visit (day 7-10)
3. **ROM Goals:** 0-90° only when not in brace
4. **Home exercises** – heel slides, quad and hamstring sets, patellar mobilization, straight leg raise in brace, calf/ankle pumps

### Phase II: Weeks 2-6

1. **Full** weight bearing as tolerated in brace
2. **Brace** to be discontinued at week 6 if able to obtain full extension **without lag**
3. **ROM Goals:** maintain full extension and progress flexion
4. **Exercises** – progress weight bearing flexibility, begin toe raises, closed chain quad/hamstring work, floor-based core/glute work, balance exercises, and stationary bike

### Phase III: Weeks 6-16

1. **Full** weight bearing without brace; **discontinue** brace
2. **ROM Goals:** full ROM
3. **Exercises** – advance phase II exercises **PLUS** initiate elliptical, in-line jogging (12 weeks) under PT supervision

### Phase IV: Months 4-6

1. **Full** weight bearing without brace
2. **ROM Goals:** full ROM
3. **Exercises** – advance phase III exercises, flexibility/strengthening and progression of function
  - a. Forward/backward running, cutting, grapevine
  - b. Initiate plyometric program and sport-specific drills at 4 months
  - c. Return to play as tolerated after 4 months post-op when cleared by MD

### Important Information

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self#/schedule/29>



*Dr. Shane Nho MS, MD*

- *Administration:* Jeannie Taylor– 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | [nhopa@rushortho.com](mailto:nhopa@rushortho.com)

**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**