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MPFL Post-op Protocol

Week 1-2

- Reduce inflammation, swelling and pain
- Range of motion 0-60 degrees
- Begin Gradual weight bearing
- Active and active assisted knee flexion Gentle closed chain quadriceps exercises
- Isometric quadriceps exercises
- Active quadriceps exercises and straight leg raises
- Ankle dorsiflexion/ plantarflexion movements
- Mobilise weight-bearing as tolerated with crutches
- Swelling management
- Start basic proprioception
- Hip Abductor strengthening



Weeks 2-6

- Swelling management
- Wean off crutches
- Closed chain quadriceps exercises (flexion and extension)
- Range of motion 0-90 (4 weeks) and 0-120 (6 weeks)
- Hip Abductor strengthening
- Continue ankle stretching and ROM
- Begin Stationary bike

Weeks 6-12

- Exercises need to be tailored to their functional aim
- Quadriceps strengthening and ROM to continue till normal
- Road cycling allowed
- Proprioceptive exercises
- Swimming – freestyle and pool walking (no breast stroke)
- No lunges or squats till and of 12 weeks
- Hip Abductor strengthening