

PATELLAR REALIGNMENT (MPFL RECON) PROTOCOL

	Postoperative Weeks			Postop Months	
	1-4	5-8	9-12	4-6	7-12
Brace: Bledsoe postoperative Patellar (optional, symptoms)	X	X	X	X	X
Range of motion minimum goals: 0°-90° 0°-110° 0°-135°	X X	X			
Weight bearing: 1/4 body weight Full	X X				
Patella mobilization	X	X			
Modalities: Electrical muscle stimulation (EMS) Biofeedback Pain/edema management (cryotherapy)	X X X	X X X			
Stretching: Hamstring, gastroc-soleus, iliotibial band, quadriceps	X	X	X	X	X
Strengthening: Quad isometrics, straight leg raises, Active knee extension Closed-chain: gait retraining, toe raises, wall sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quads (90°-30°) Hip abduction-adduction, multi-hip Leg press (70°-10°)	X X X X X X	X X X X X X	X X X X X X	X X X X X X	X X X X X X
Balance/proprioceptive training: Weight-shifting, mini-trampoline, BAPS, BBS, plyometrics	X	X	X	X	X
Conditioning: UBC Bike (stationary) Water walking Swimming (kicking) Walking Ski machine	X	X X X X X	X X X X X	X X X X X	X X X X X
Running: straight			X*	X	X
Cutting: lateral carioca, figure 8's			X*	X	X
Full sports			X*	X	X

*only for patients with normal articular cartilage in the patellofemoral joint

BAPS = Biomechanical Ankle Platform System (Camp, Jackson, MI), BBS = Biodex Balance System (Biodex Medical Systems, Inc, Shirley, NY), UBC = upper body cycle (Biodex Medical Systems, Inc, Shirley, NY).