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Post-Op Rehabilitation Guidelines for MPFL Reconstruction

- 0-2 Weeks: WBAT, Brace locked at 0 degrees for ambulation and sleeping
ROM: 0-30° with emphasis on full extension
SLR supine with brace locked at 0 degrees, Quad Sets
Ankle Pumps
- 2-4 Weeks: WBAT, Brace locked at 0 degrees for ambulation and sleeping
ROM: 0-60 degrees (Maintain full extension)
Proprioception training
SLR, quad sets, ankle pumps
- 4-6 Weeks: WBAT, Brace locked at 0 degrees for ambulation and sleeping
ROM: 0-90 degrees (Maintain full extension)
- 6-14 Weeks: D/C Brace and wean from crutches
Progressive Squat program
Initiate Step Down program
Leg Press, Lunges
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
Agility exercises (sport cord)
Versaclimber/Nordic Track
Retrograde treadmill ambulation
- 14-22 weeks: Begin forward running (treadmill) program when 8" step down satisfactory
Continue Strengthening & Flexibility program
Advance Sports-Specific Agility Drills
Start Plyometric program
- > 22 weeks: Advance Plyometric program, Return to Sport (MD Directed)