



Medial Patellofemoral Reconstruction and Repair Protocols

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If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler
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	Weight Bearing and ROM	Brace use	Therapeutic Elements
Phase 1: 0-4 weeks	WBAT with crutches ROM: 0-90 degrees for weeks 0-4	0-2 weeks: locked in full extension for ambulation and sleep 2-4 weeks: locked in extension for ambulation, 0-90 during sleep	Modalities as needed, quad sets, hip adduction, quad e-stim, patellar mobilization (NO LATERAL GLIDES), nwb gastroc/soleus stretch, SLR in brace locked in full extension
4-6 weeks	WBAT w/o crutches ROM: Full	Continue brace at all times, unlocked for ambulation/sleep SHORTEN AND UNLOCK BRACE	Quad sets, wb gastroc/soleus stretch, patellar mobilization (NO LATERAL GLIDES), stationary bike, proprioceptive training, SLR with brace locked in full extension until patella has no lag with SLR
6-8 weeks	WBAT	Unlocked for ambulation/sleep. Transition to lateral stabilizer	Closed chain strengthening, stationary bike/elliptical, proprioceptive training
Phase 2: 8-24 weeks	Full	J-Brace- With Activities	Advanced closed chain strengthening, proprioceptive training, running straight ahead at 12 weeks
4-6 months	Full	J-Brace- With Activities	Functional drills (athletes), continue strengthening/ stretching (should be at 80% of isokinetic strengths)

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