



# ADVANCED ORTHOPAEDIC SPECIALISTS

Dr. Chris Arnold  
Dr. David Yakin  
Dr. Terry Sites  
Dr. Kenton Hagan

## Medial Patellofemoral Reconstruction Rehabilitation Protocol

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
<b>Phase I</b> <b>0 - 2 weeks</b> <i>PT 2x/week</i>	<b>Week 1:</b> Toe-Touch  <b>Week 2:</b> 33% weight bearing	<b>Week 1:</b> Knee immobilizer 0°.  <b>Week 2:</b> Knee immobilizer 30°	<b>Week 1:</b> No ROM  <b>Week 2:</b> 0-30°	No SLR or LAQ exercises  Initiate ROM heel slides to protocol limits Initiate WB progression
<b>Phase II</b> <b>2 - 4 weeks</b> <i>PT 2x/week — AFP 1-2x/week</i>	<b>Week 3:</b> 66% weight bearing  <b>Week 4:</b> Full weight bearing as tolerated	<b>Week 3:</b> Knee immobilizer 60°.  <b>Week 4:</b> Knee immobilizer 90°	<b>Week 3:</b> 0-60°  <b>Week 4:</b> 0-90°	No SLR or LAQ exercises  ROM activity to protocol limits Continue hip-centric exercise
<b>Phase III</b> <b>4 - 6 weeks</b> <i>PT 1-2x/week — AFP 2x/week</i>	As tolerated	<b>Week 5:</b> Knee immobilizer 120°  <b>Week 6:</b> Discontinue knee immobilizer. Begin patellar stabilizing brace.	<b>Week 5:</b> 0-120°	No SLR or LAQ exercise  Initiate closed chain strengthening
<b>Phase IV</b> <b>6 - 12 Weeks</b> <i>PT 1-2x/week — AFP 2x/week</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Single and double leg closed chain strengthening progressing towards functional, multi joint and multi planar movements
<b>Phase V</b> <b>12 - 16 Weeks</b> <i>AFP</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Initiate running and plyometric activity
<b>Phase VI</b> <b>16+ Weeks</b> <i>AFP</i>	Full weight bearing	Patellar stabilizer	Full range of motion	Sport/work specific activity