

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

MPFL Repair Rehabilitation Protocol

I. IMMEDIATE POST-OPERATIVE PHASE (Week 1)

Use Long Knee Brace (walking & Sleeping) – for 6 weeks
Walk Non Weight Bearing (3rd Day)
Static Quads
Ankle Pump

II. ACUTE PHASE (Week 2-6) – Use Ice Packs for swelling

Gradual Weight bearing from 10th days post operation
Weight Bearing: Discontinue crutches when appropriate. (by 3rd or 4th week end)
Range of Motion:
At least 20 degrees flexion (Week 2)
At least 60 degrees flexion (Week 4)
90 + (Week 6-8)
Muscle Retraining: Electrical muscle stimulation to quads
Quad Setting Isometrics
Theraband VMO in supine
Straight Leg Raises (standing)
Isometric Hams
Hip Adduction

III. SUBACUTE PHASE - MODERATE PROTECTION (Week 6-12) – Use Ice Packs for swelling

Start using Flexible open Patella Brace

Knee Extension 60-0 degrees, painfree arc
Proprioception Training
Closed Chain Quads / Hip muscle training
Functional exercise movements
Exercises: Continue muscle stimulation to quadriceps (if needed)
Quadriceps setting isometrics
Squats against wall (0-60 degrees)*
Knee Extension (90-0 degrees), painfree arc
Bicycle
Pool Program (walking, strengthening, running)*
Proprioceptive Training.