

Physical Therapy Prescription

DISTAL PATELLAR RE-ALIGNMENT and/or MEDIAL PATELLOFEMORAL LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-2 weeks	Touch Down Weight Bearing	Remain in full extension at all times.	Brace in full extension at all times.	Quad sets Straight Leg Raises
2-6 weeks	Increase slowly to Full weight bearing as tolerated with brace locked in full extension. Use crutches as needed.	Increase as tolerated. Unlock hinges on brace to allow full flexion while not weight bearing.	Wear locked in full extension for weight bearing. Unlock hinges to allow full flexion when not weight bearing.	Quad sets, heel slides, straight leg raises.
6-12 weeks	Full weight bearing.	Work towards full ROM.	Wean from brace over the 6-8 week post-op period.	Continue previous exercises. May do stationary bike with light resistance.
3-4 months	Full weight bearing.	Full ROM	None	Treadmill at walking speeds. Proprioception / balance drills. May begin light sport specific drills. Advance strength training. May return to full activity once radiographs show full healing.

****If no hinged knee brace, keep in immobilizer while ambulating****

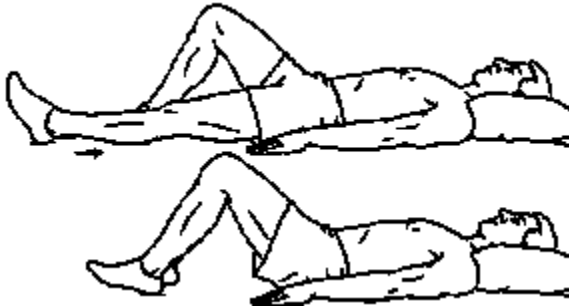
*****Begin Physical Therapy 2 weeks Post-op**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Surgery Performed: Distal Patellar Realignment MPFL Reconstruction</p> <p>Physical therapy to evaluate and treat using the above protocol. 1-2x per week for 12 weeks</p> <p>Notes: _____</p> <p>MD signature: _____</p>
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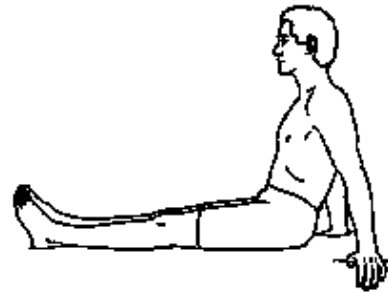
Home Exercise's - Weeks 1-6 after surgery

Heel Slides



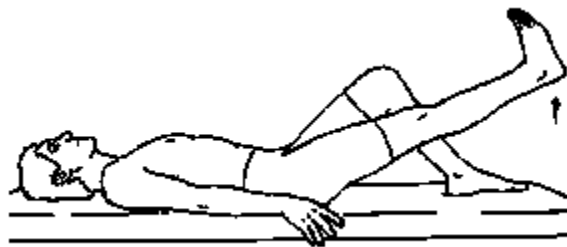
Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

Quad Sets



Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

Straight Leg Raise



Tighten muscles on the front of the surgical side's thigh, then lift leg 5-15" from the floor/table, keeping knee locked. Repeat 10 times per set, 1-2 sets per session, 1 session per day