

Medial Patella Femoral Ligament Reconstruction (MPFL)

Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
Medial Patella Femoral Ligament	Dawson / Hage	July 2018	Karen Armstrong	July 2020

Please note that surgeons may have different post op instructions which must be adhered to
Inpatients

Post-op 0-2 weeks

- WB as tolerated with EC's
- Circulatory (foot pump exs)
- Static Quads
- SLR if no lag
- Hip abduction in SL
- Active & act/assisted flexion/extension (0-90) encouraged using ortho glide
- Patella mobs (medial)
- Cryotherapy-intermittently

On-Discharge

- Photocopy op. notes to attach to referral.
- Plan for D/C, refer to outpatients and complete D/C summary.
- Refer to OT for ADL's as required.
- Ensure that the Patient has the initial exercise sheet as required.

Outpatients – Operation notes must be attached

Avoid any twisting action at the knee until 8-12 weeks post op

2 – 6 weeks

Goals

- Eliminate any swelling
- Educate patients
- Protect Soft tissue Healing
- AROM to tolerance
- Quads strengthening (Especially VMO)
- Progress gait from 2 crutches

Therapy Guidelines

- Hydrotherapy referral
- Active & passive knee flexion to tolerance
- Hip abduction with resistance
- Calf raises & Heel drops
- Resisted hamstrings
- Core stability exercises on swiss ball
- Bike –if ROM & swelling permits
- Double wall slides
- Hams/Quad Bench – If pain free
- Balance exercises
- Proprioceptive training-single leg exercises
- Gait-Maintain correct gait pattern
- Clams

6-8 weeks

Goals

- Eliminate any joint swelling
- Full non painful ROM
- Independent gait
- Improve muscle strength and control without exacerbation of symptoms

Therapy Guidelines

- ?mobs to PFJ & Tib Fem Joint - especially if flexion below 90
- Swiss ball work for Hip & Core stability
- Rower
- Treadmill
- Stepper with resistance
- Resistance bike
- Progress proprioceptive work to advanced stages

8-12 weeks

Goals

- Return to sport gradually (Only if Single leg dynamic control is adequate)

Therapy Guidelines

- Lunges
- Trampoline with jump
- Running

12+ weeks

Goals

- Full pain free AROM
- 5 /5 Strength

Therapy Guidelines

- Functional Sporting Activity

Return to functional activities

Returning to work: Phased return may be advised initially from 6 weeks

Driving: From 2 weeks if good control

Contact sports: After 6 - 9 months

Swimming: - From 6 weeks (Stroke dependent)

Non- Contact sports: After 3-6 Months

All of the above is to act as a guide only, clinical reasoning should be used throughout as each patient is different.