

# Physiotherapy protocol

## Medial Patellofemoral Ligament (MPFL) Reconstruction Protocol

(There are no contraindications/precautions from the surgery re physiotherapy)

### Day 1 - 4

Physiotherapy to commence knee range of motion exercises +/- use of CPM machine as appropriate. Mobilise weight bearing as tolerated on elbow crutches, commence active quads and hamstring exercises. Discharge home when safe, 90° of active flexion, full knee extension and ability to straight leg raise.

### First 2 Weeks (OPD appointment at 2/52 for removal of sutures and x ray)

Physiotherapy aims are to decrease swelling, increase ROM, increase quads, hamstring and VMO activation including closed chain as appropriate. Progress weight bearing as able (may benefit from hydro as well as dry land physiotherapy at this stage).

### Weeks 2 - 6

Progress exercises to include closed chains quads, hamstrings and VMO. Commence balance exercises as appropriate. Wean off crutches as pain and quads control allows. Consider scar mobilisation and desensitisation as appropriate.

### Weeks 6 - 12 (OPD appointment for progress and check)

Progress towards full ROM, progress strength through range. Increase closed chain exercises and balance work as able.

### 3 - 6 Months

Commence light jogging when patient has good quads control and no effusion. Progress gradually to dynamic stability and gradual sport specific training and return to sports between 4 - 6 months.

1 Year OPD appointment.

- **CircleBath Knee Team**
- Mr N Bradbury MBChB, FRCS, FRCS (Orth)
- Mr A Trezies DM, FRCS (TR & Orth)
- Mrs Genevieve Simpson MCSP, MMACP
- Ms Alexandra Buckley MCSP, Grad Dip Sports & Exercise Medicine
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