

# Knee Arthroscopy/MPFL Reconstruction/Chondroplasty



Name: \_\_\_\_\_

Dr: Benjamin M. Petre, MD

Date: \_\_\_\_\_

● = Do exercise for that week

**Week**

<b>Initial Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets							●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●						
Balance series							●	●	●	●	●	●	●	●
<b>Cardiovascular Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance							●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aquajogging									●	●	●	●	●	●
Treadmill – walking 7% incline									●	●	●	●	●	●
Swimming with fins									●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends								●	●	●	●	●	●	
Double leg bridges								●	●	●	●			
Reverse lunge – static hold								●	●	●	●			
Beginning cord exercises								●	●	●	●			
Balance squats										●	●	●	●	●
Single leg deadlift										●	●	●	●	●
Leg press										●	●	●	●	●
Sports Test exercises											●	●	●	●
<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial – single plane												●	●	●
Advance – multi directional													●	●
Functional sports test													●	●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf													●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Skiing, basketball, tennis, football, soccer													●	●

## ROM RESTRICTIONS

PROM 0°-90°  
X 2wks, then full PROM

\*Gentle sup-inf patellar mobs, hold med/lat patellar mobs x 2 wks. \*

## BRACE SETTINGS

0-0 x 2 weeks

## Weight Bearing status

TTWB x 6 weeks

## TIME LINES

Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)  
Week 4(22-28POD)

