

MPFL Reconstruction-hamstring autograft/Trochleaplasty

Name: _____

Dr: Benjamin Petre, MD

Date: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization (superior-inferior x 2wks.)	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series (no SLR x 2 wks)	●	●	●	●	●	●	●	●						
Hamstring sets							●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises							●	●						
Balance series							●	●	●	●	●	●	●	●
Cardiovascular Exercises	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													●	●
Weight Bearing Strength	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										●	●	●	●	●
Limited Leg press 0-70°										●	●	●	●	●
Sports Test exercises											●	●	●	●
Agility Exercises	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														●
High Level Activities	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

0-90 x 2 weeks, then full as tolerated

*Gentle sup-inf patellar mobs, hold lateral to medial x 2wks. NO lateral mobs

BRACE SETTINGS

0-0 x 6 weeks

Weight Bearing status

NWB x 6 weeks

TIME LINES

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